

Guru Nanak – Sabad 75
aakh aakh man vaavanaa jiau jiau jaapai vai ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 53

aakh aakh man vaavanaa jiau jiau jaapai vai ||
jis no vai sunaieeaai so kevadd kit thai ||
aakhan vaale jetaRe sabh aakh rahe liv lai ||1||
baabaa alahu agam apaar ||
paakee naiee paak thai sachaa paravadhigaar ||1|| rahaau ||
teraa hukam na jaapee ketaRaa likh na jaanai koi ||
je sau sair mele'eeh til na pujaaveh roi ||
keemat kinai na paieeaa sabh sun sun aakheh soi ||2||
peer paikaamar saalak saadhak suhadhe aaur saheedh ||
sekh masaik kaajee mulaa dhar dharaves raseedh ||
barakat tin kau agalee paRadhe rahan dharoodh ||3||
puchh na saaje puchh na ddaahe puchh na dhevai lei ||
aapanee kudharat aape jaanai aape karan karei ||
sabhanaa vekhai nadhar kar jai bhaavai tai dhei ||4||
thaavaa naav na jaane'eeh naavaa kevadd naau ||
jithai vasai meraa paatisaahu so kevadd hai thaau ||
a(n)baR koi na sakiee hau kis no puchhan jaau ||5||
varanaa varan na bhaavanee je kisai vaddaa karei ||
vadde hath vaddiaieeaa jai bhaavai tai dhei ||
hukam savaare aapanai chasaa na ddil karei ||6||
sabh ko aakhai bahut bahut lainai kai veechaar ||
kevadd dhaataa aakheeaai dhe kai rahiaa sumaar ||
naanak toT na aaviee tere jugeh jugeh bha(n)ddaar ||7||1||

Summary: What the mind repeats, it begins to believe; what it feels, it starts to see; and what it perceives, it calls truth. Every thought we express strengthens its presence in the mind, echoing until it shapes how we see the world. Our perception is not neutral; it reflects the patterns we nurture within. For instance, if someone repeatedly expresses gratitude, their mind becomes tuned to notice blessings even in small details. Conversely, if one constantly reinforces complaints, the mind will highlight flaws everywhere. In this way, understanding becomes less about absolute truth and more about the mirror of our interpretations. By consciously choosing our intent, we create the lens through which we experience life.

aakh aakh man vaavanaa jiau jiau jaapai vai ||

What we express and reinforce, that thought echoes in the mind, whatever it perceives, it presents. This expression illustrates that our understanding is a reflection of our interpretations and endorsement.

jis no vai sunaieeaai so kevadd kit thai ||

About whom we present our perceptions, how vast is it, and where does it reside? Highlighting that, we often direct our devotion to the omnipresent force without truly comprehending its essence.

aakhan vaale jetaRe sabh aakh rahe liv lai ||1||

Those who engage in discussions about it often fall silent when contemplating it, a reminder that truth is not merely an expression, but a discovery through deep reflection. (1)

baabaa alahu agam apaar ||

O wise one, the all-pervading universal force transcends our understanding and is infinite.

paakee naiee paak thai sachaa paravadhigaar ||1|| rahaau ||

That name embodies purity; that place radiates purity, where there is honesty, for it is the sustainer of our essence. (1)(Pause)

teraa hukam na jaapee ketaRaa likh na jaanai koi ||

The law of nature is beyond anyone's intellectual grasp; it is immeasurable and not capturable in writing or calculation.

je sau sair mele'eeh til na pujaaveh roi ||

Even if a hundred poets come together, they will never capture even an iota of its essence, leaving them in a state of frustration.

keemat kinai na paieeaa sabh sun sun aakheh soi ||2||

No one has been able to comprehend the essence; everyone keeps listening and repeating what they have heard. (2)

peer paikaamar saalak saadhak suhadhe aaur saheedh ||

Saints, messengers, seers, content, simple, and martyrs.

sekhan masaik kaajee mulaa dhar dharaves raseedh ||

Religious scholars, mystics, religious judges, and priests are seekers striving to reach the door to enlightenment; this implies that all paths converge in seeking, but they don't guarantee attaining awareness.

barakat tin kau agalee paRadhe rahan dharoodh ||3||

Those who seek future prosperity engage in reciting ritualistic prayers. It critiques transactional devotion, motivated by expectation rather than love. (3)

puchh na saaje puchh na ddaahe puchh na dhevai lei ||

Without being asked, it creates; without being asked, it destroys. Without being asked, it gives or takes. This intrinsic force of nature reveals a profound truth that universal laws transcend all boundaries.

aapanee kudharat aape jaanai aape karan karei ||

It is aware of its own creation; it creates and embodies itself. This awareness reinforces the essence of existence, within which the cause, the process, and the effects are intertwined and encompassed.

sabhanaa vekhai nadhar kar jai bhaavai tai dhei ||4||

The omnipresent energy nurtures the entire creation graciously and provides sustenance in harmony with the natural flow of life. (4)

thaavaa naav na jaane'eeh naavaa kevadd naau ||

The location of this omnipresent energy is unknown. What is the name of this place, among the many names attributed to it? This question highlights the inherent unity of this energy, which transcends the limitations of names and locations.

jithai vasai meraa paatisaahu so kevadd hai thaau ||

The place where this sovereign presence dwells, what place is that?

a(n)baR koi na sakiee hau kis no puchhan jaau ||5||

No one has reached a definitive conclusion, so whom should I ask? This rhetorical question encourages introspection rather than solely relying on external sources. (5)

varanaa varan na bhaavanee je kisai vaddaa karei ||

The caste, class, or colour is not impressive, even if it makes one feel superior. An acknowledgement that value lies in one's character and actions, not in illusory titles.

vadde hath vaddiaaieeaa jai bhaavai tai dhei ||

Greatness lies in the hands of the infinity of the omnipresent force; those who honour this will of nature, gain the essence of its significance.

hukam savaare aapanai chasaa na ddil karei ||6||

Embracing the will of nature, they align themselves; they do not even waste a moment in delay, symbolising those who move with nature, not against it, to harmonise their existence instantly. (6)

sabh ko aakhai bahut bahut lainai kai veechaar ||

Everyone speaks of the vastness of the omnipresent as a giver; they do so mainly from the intent and desire to receive, revealing the insincerity behind their conditional admiration.

kevadd dhaataa aakheeaaai dhe kai rahiaa sumaar ||

How vast is the source of giving that continues to provide and remains beyond calculation, acknowledging the infinite resources in nature that nurture and sustain life.

naanak toT na aaviee tere jugeh jugeh bha(n)ddaar ||7||1||

Nanak says there is no lack in your treasure; it remains full through all ages, this is an affirmation that the abundance in nature does not diminish, as it arises, sustains, and renews over time. (7)(1)

Essence: Guru Nanak says purity is more than an external concept; it embodies the vibration of creation. Honesty cultivates a unique radiance that remains untouched by deceit. This purity arises not from external sources or rituals, but from inner truthfulness and self-reflection. This internal purity of thought and intent nourishes us, keeping our minds clear and steady. When grounded in honesty, we naturally embody this light irrespective of our class, status or gender. Even ordinary spaces become sacred through honesty, while deceit can diminish the sanctity of the most revered places. Embracing purity and honesty aligns us with the essence that sustains all life, allowing us to thrive truly.

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