

**Guru Nanak – Sabad 76**  
**sabhe ka(n)t maheleaaa sagaleaaa kareh seegaar ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 53**

sabhe ka(n)t maheleaaa sagaleaaa kareh seegaar ||  
ganat ganaavan aaieaaa soohaa ves vikaar ||  
paakha(n)dd prem na paieeaa khoTaa paaj khuaar ||1||  
har jeeau iau pir raavai naar ||  
tudh bhaavan sohaagane apane kirapaa laih savaar ||1|| rahaau ||  
gur sabadhee seegaareaaa tan man pir kai paas ||  
dhui kar joR khaRee takai sach kahai aradhaas ||  
laal ratee sach bhai vasee bhai ratee ra(n)g raas ||2||  
pria kee cheree kaa(n)ddeeaai laalee maanai naau ||  
saachee preet na tuTiee saache mel milaau ||  
sabadh ratee man vedhiaa hau sadh balihaarai jaau ||3||  
saa dhan ra(n)dd na baisiee je satigur maeh samai ||  
pir reesaaloo nautano saachau marai na jai ||  
nit ravai sohaagane saachee nadhar rajai ||4||  
saach dhaRee dhan maaddeeaai kaapaR prem seegaar ||  
cha(n)dhan cheet vasaiaa ma(n)dhar dhasavaa dhuaar ||  
dheepak sabadh vigaasiaa raam naam ur haar ||5||  
naaree a(n)dhar sohanee masatak manee piaar ||  
sobhaa surat suhaavane saachai prem apaar ||  
bin pir purakh na jaanee saache gur kai het piaar ||6||  
nis a(n)dhiaaree sute'ee kiau pir bin rain vihai ||  
a(n)k jalau tan jaaleeaa man dhan jal bal jai ||  
jaa dhan ka(n)t na raaveeaa taa birathaa joban jai ||7||  
sejai ka(n)t mahelaRee sootee boojh na pai ||  
hau sutee pir jaaganaa kis kau poochhau jai ||  
satigur meele bhai vasee naanak prem sakhai ||8||2||

**Summary:** The Omnipresent Source unites both feminine and masculine energies, essential forces that drive creation. Together, they create the rhythm of existence, each balancing the other. Awakening both qualities dissolves duality and fosters harmony. Beyond gender biases, this balance reflects our true essence, transforming power into service, intellect into wisdom, and love into action. Embracing both energies allows us to embody the cosmic design, where the sun and moon coexist. True awareness comes not from choosing one over the other, but from letting both guide us towards a balanced and meaningful life.

sabhe ka(n)t maheleaaa sagaleaaa kareh seegaar ||

Everyone perceives themselves as devoted partners, and many adorn themselves elaborately. This highlights a common misconception that outward displays and rituals are sufficient for genuine connection.

ganat ganaavan aaieaaa soohaa ves vikaar ||

They seek to be counted among the chosen, yet their red garments are stained with corruption. This symbolizes that outward symbols of devotion do not cleanse the impurities within.

paakha(n)dd prem na paieeaa khoTaa paaj khuaar ||1||

Hypocrisy cannot nurture love; false displays are disgraceful, a revelation that pretending to be devout without genuine inner work ultimately results in a loss of trust and respect. (1)

har jeeau iau pir raavai naar ||

The omnipresent force dwells within all; with this realization, it facilitates the beloved to meet its companion. This represents discovering that what we have been seeking is within all and uniting with this true essence.

tudh bhaavan sohaagane apanee kirapaa laih savaar ||1|| rahaau ||

If this thought resonates with you, you are truly a blessed companion, embracing self-reflection, which can empower one's growth. (1)(Pause)

gur sabadhee seegaareaaa tan man pir kai paas ||

Adorned with words of wisdom, the body and mind align, drawing closer to the beloved. This highlights how awareness facilitates union with our true selves, the universal and omnipresent energy.

dhui kar joR khaRee takai sach kahai aradhaas ||

With folded hands, standing to seek truth in longing, one offers a prayer, representing the humility and honesty of a seeker in their pursuit of life's purpose.

laal ratee sach bhai vasee bhai ratee ra(n)g raas ||2||

Infused with love for the beloved, some dwell in fear of this truth; however, immersing oneself in devotion blossoms into joy and growth, this shows that doubt can hinder the ability to evolve. (2)

pria kee cheree kaa(n)ddeeeai laalee maanai naau ||

They can be known as devotees of the beloved who accept contemplation as a form of devotion.

saachee preet na tuTiee saache mel milaau ||

True love never breaks, for it unites through authenticity with the eternal awareness.

sabadh ratee man vedhiaa hau sadh balihaarai jaau ||3||

Immersed in words of wisdom, the mind opens to realization; for this awakening, one dedicates themselves in gratitude forever. (3)

saa dhan ra(n)dd na baisiee je satigur maeh samai ||

Those who embody virtues cannot be unfortunate; if they merge with the profound wisdom that leads them from darkness into the light.

pir reesaaloo nautano saachau marai na jai ||

The beloved is joyful, ever-fresh, and eternal, never fading or leaving; this beloved represents the eternal awareness within the ever-present consciousness, our constant companion.

nit ravai sohaagane saachee nadhar rajai ||4||

One remains fortunate when one truly aligns with the will of nature. (4)

saach dhaRee dhan maaddeeaai kaapaR prem seegaar ||

When one adorns oneself with braids of truth, decorated with virtues and garments of love, this scene illustrates that honesty interwoven with virtues and love makes life truly attractive.

cha(n)dhan cheet vasaiaa ma(n)dhar dhasavaa dhuaar ||

When virtues akin to sandalwood inhabit the conscience, it elevates to a temple of the tenth gate. Meaning that, just as sandalwood provides a calming essence, a clear conscience cultivates a sacred realm of awareness.

dheepak sabadh vigaasiaa raam naam ur haar ||5||

The words of wisdom are like a lamp that illuminates, and contemplation on all-pervading awareness enhances the conscience, much like a garland adorns the body. (5)

naaree a(n)dhar sohanee masatak manee piaar ||

The feminine energy present within the entire creation marks tranquillity; this attribute becomes the guiding jewel that holds the awareness of compassion.

Sobhaa Surat Suhavane Saachai Prem Apaar ||

Honor and awareness become delightful when there is boundless love for the reality of the omnipresent energy.

bin pir purakh na jaanee saache gur kai het piaar ||6||

Without the gentleness of masculine energy, one cannot understand the eternal omnipresent source, a composite of both feminine and masculine energies. It is through the love of true wisdom that this realisation awakens. (6)

nis a(n)dhiaaree sute'ee kiau pir bin rain vihai ||

In the darkness of the night, one lies asleep. How can the night pass without the beloved? This reflection highlights that moments lacking mindfulness can feel wasted and unfulfilled.

a(n)k jalau tan jaaleeaa man dhan jal bal jai ||

The heart is in anguish, the body burns, the mind is distressed, and wealth loses its meaning. This illustrates that without spiritual fulfilment, life can feel hollow, as the pursuit of materialism often leads to dissatisfaction.

jaa dhan ka(n)t na raaveeaa taa birathaa joban jai ||7||

When the bride and the groom do not embrace their union, their youth is wasted in vain. This suggests that those who do not cherish and harmonise their feminine and masculine energies miss out on the essence of life. (7)

sejai ka(n)t mahelaRee sootee boojh na pai ||

Upon the bed, the beloved is present, but the partner sleeping beside is ignorant of its presence. This contrast shows that even in the presence of the omnipresent, the seeker, lost in ignorance, fails to see their eternal companion.

hau sutee pir jaaganaa kis kau poochhau jai ||

I lie asleep while my beloved is awake; whom should I ask for guidance? This highlights that the ever-aware, omnipresent force resides within, but the conscience, in ignorance, longs for it.

Satigur melee bhai vasee naanak prem sakhai ||8||2||

When true wisdom is embraced, which guides us from ignorance to awareness, it carries fear of spiritual regression. Nanak says, then love becomes the beloved companion. (8)(2)

**Essence:** Guru Nanak reminds us that when awareness and love meet within, separation ends, and the self and the source become one. The universal, all-knowing force dwells within us, yet in ignorance, the mind searches for it elsewhere. This longing reflects our tendency to overlook the brilliance of our own inner light. When reality awakens, it gently guides us from confusion toward clarity, enabling us to experience peace and stillness, which in turn awakens universal love as our natural state.

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