

Guru Nanak – Sabad 77
aape gun aape kathai aape sun veechaar ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 54

aape gun aape kathai aape sun veechaar ||
aape ratan parakh too(n) aape mol apaar ||
saachau maan mahat too(n) aape dhevanahaar ||1||
har jeeau too(n) karataa karataar ||
jiau bhaavai tiau raakh too(n) har naam milai aachaaar ||1|| rahaau ||
aape heeraa niramalaa aape ra(n)g majeeTh ||
aape motee uoojalo aape bhagat baseeTh ||
gur kai sabadh salaahanaa ghaT ghaT ddeeTh addeeTh ||2||
aape saagar bohithaa aape paar apaar ||
saachee vaaT sujaan too(n) sabadh laghaavanahaar ||
niddariaa ddar jaaneeaaai baajh guroo gubaar ||3||
asathir karataa dhekheeaai hor ketee aavai jai ||
aape niramal ek too(n) hor ba(n)dhee dha(n)dhai pai ||
gur raakhe se ubare saache siau liv lai ||4||
har jeeau sabadh pachhaaneeaaai saach rate gur vaak ||
tit tan mail na lagiee sach ghar jis otaak ||
nadhar kare sach paieeaai bin naavai kiaa saak ||5||
jinee sach pachhaaniaa se sukhe'ee jug chaar ||
haumai tirasanaa maar kai sach rakhiaa ur dhaar ||
jag meh laahaa ek naam paieeaai gur veechaar ||6||
saachau vakhar laadheeaai laabh sadhaa sach raas ||
saachee dharageh baisiee bhagat sachee aradhaas ||
pat siau lekhaa nibaRai raam naam paragaas ||7||
uoochaa uoochau aakheeaai kahau na dhekhaa jai ||
jeh dhekhaa teh ek too(n) satigur dheeaa dhikhai ||
jot nira(n)tar jaaneeaaai naanak sahaj subhai ||8||3||

Summary: The self transcends individual identity, embodying the shared awareness present in all beings. This awareness acts as a silent witness to our thoughts and actions. Life is not just a series of separate doers and observers; it is a seamless flow of experiences. The thinker, speaker, and listener are like waves from the same ocean. Identifying with only one wave can lead to isolation, but recognising that all waves belong to one ocean allows us to see actions as expressions of a unified awareness. This understanding reveals the self as boundless consciousness, where duality fades and wholeness emerges.

aape gun aape kathai aape sun veechaar ||

You yourself embody attributes, you yourself speak of them, and you yourself listen and reflect. This truth reveals that thoughts, actions, and reflection are interconnected through a shared Consciousness.

aape ratan parakh too(n) aape mol apaar ||

You yourself are the jewel, you yourself examine its worth, and you yourself are its immeasurable price. This example suggests that the gem and the evaluator are the same, implying that the entire creation is one universal consciousness.

saachau maan mahat too(n) aape dhevanahaar ||1||

You are the eternal, honourable, and relevant; you yourself are the giver, representing that whatever we gain in life is provided by the awareness residing within all creation. (1)

har jeeau too(n) karataa karataar ||

The omnipresent energy residing in every aspect of nature, you are the source and executor of all actions.

jiau bhaavai tiau raakh too(n) har naam milai aachhaar ||1|| rahaau ||

Embracing what life offers in harmony with nature's laws leads to acceptance; through contemplation of oneness, this becomes a way of life. (1)(Pause)

aape heeraa niramalaa aape ra(n)g majeeTh ||

You yourself are the flawless diamond, and you yourself are the deep crimson dye. This illustrates the omnipresent source: immaculately colourless yet vibrantly colourful, reflected throughout all of creation.

aape motee uoojalo aape bhagat baseeTh ||

You yourself are the sparkling pearl, you yourself are a devotee and the negotiator. There is no disparity between the pure, the seeker, and the mentor, as they are all part of the one source.

gur kai sabadh salaahanaa ghaT ghaT ddeeTh addeeTh ||2||

Through the words of wisdom, we come to appreciate that the invisible, omnipresent source is present in every aspect of existence. (2)

aape saagar bohithaa aape paar apaar ||

You yourself are the vast ocean and the ship, you yourself are the boundless shore across. An expression of non-duality as the journey, the traveler, and the destination are a manifestation of one universal force.

saachee vaaT sujaan too(n) sabadh laghaavanahaar
You are the true path, the all-knower, the wisdom and the navigator, a reminder
that through insights, life discovers its rightful direction.

niddariaa ddar jaaneeaaai baajh guroo gubaar ||3||
The fearless must understand what to fear; without the wisdom that guides from
ignorance to awareness, we remain in darkness. A reminder that strength can turn
into arrogance, leading to unchecked ego; therefore, it's crucial to fear regression.
(3)

asathir karataa dhekheeaai hor ketee aavai jai ||
Recognize that the universal doer is eternal, and rest all else comes and goes. This
notion emphasizes that the universal life-source is a constant force that
regenerates, while matter, thoughts, and senses are fleeting and transient.

aape niramal ek too(n) hor ba(n)dhee dha(n)dhai pai ||
You are inherently pure, an embodiment of the one universal energy; any beliefs
in duality entrap to limit and entangle you.

gur raakhe se ubare saache siau liv lai ||4||
Those who embrace the universal awareness emerge enlightened; they connect
with the truth through contemplation. (4)

har jeeau sabadh pachhaaneeaaai saach rate gur vaak ||
The energy present in every life force is recognized through understanding
profound insights. When one is immersed in truth, the essence of spiritual
dialogue is understood.

tit tan mail na lagiee sach ghar jis otaak ||
A body that embodies truth remains untouched by impurities. This reflects those
grounded in integrity, who stay clear of deceit.

nadhar kare sach paieeaai bin naavai kiaa saak ||5||
By the grace of contemplation, truth is attained; without self-reflection, what is
our support? This emphasises that awareness supports self-actualisation to
navigate life meaningfully. (5)

jinee sach pachhaaniaa se sukhe'ee jug chaar ||
Those who recognize truth remain in peace through all four ages. Metaphorically,
the four ages reflect our inner state of mind, and blissful living is defined by
contentment, regardless of life's circumstances.

haumai tirasanaa maar kai sach rakhiaa ur dhaar ||

By conquering ego and desire, such seekers sustain truth within their conscience.

jag meh laahaa ek naam paieeaai gur veechaar ||6||

In this world, we truly benefit when we contemplate oneness and seek the essence through deliberation. (6)

saachau vakhar laadheeaai laabh sadhaa sach raas ||

Embodying the reality of the eternal force like a merchandise, yields everlasting profit, when truth becomes the capital, reflecting that a life built on honesty thrives and secures enduring fulfilment.

saachee dharageh baisiee bhagat sachee aradhaas ||

Engaging with one's conscience, the rightful court, embodies the authentic quest of the true devotee.

pat siau lekhaa nibaRai raam naam paragaas ||7||

With honor, the account is settled; contemplation of the all-pervading has bestowed this realization. For example, just as clear entries balance the ledger, life finds its essence in awareness. (7)

uoochaa uoochau aakheeaai kahau na dhekhaa jai ||

The eternal life source is regarded as supreme; it is spoken of yet remains unseen, reminding us that this all-encompassing energy can be experienced, although beyond sight.

jeh dhekhaa teh ek too(n) satigur dheeaa dhikhai ||

Wherever I look, I see the presence of an all-pervading energy in everything and everyone. This insight has been revealed to me through true wisdom, guiding me from ignorance to awareness.

jot nira(n)tar jaaneeaaai naanak sahaj subhai ||8||3||

Recognize the eternal light within; Nanak says it is realized naturally in a state of tranquil ease. Intuitive awareness is experienced not through force, but through effortlessness, simplicity, and a state of balance. (8)(3)

Essence: Guru Nanak reminds us that true realization is not achieved through force; it unfolds naturally in a state of ease and tranquility. When the mind and heart remain calm and open, awareness naturally arises. In this quiet harmony, one begins to sense the presence that was always within. Effort gives way to grace; understanding flows without resistance, and seeking shifts to simply being. In this state of tranquil ease, awareness and realization move in tandem as one.

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