

**Guru Nanak – Sabad 79**  
**man jooThai tan jooTh hai jihavaa jooThee hoi ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 55**

man jooThai tan jooTh hai jihavaa jooThee hoi ||  
mukh jhooThai jhooTh bolanaa kiau kar soochaa hoi ||  
bin abh sabadh na maa(n)jeeaai saache te sach hoi ||1||  
mu(n)dhe gunaheenee sukh keh ||  
pir raleeaas ras maanasee saach sabadh sukh neh ||1|| rahaau ||  
pir paradhesee je theeaai dhan vaa(n)ddee jhoorei ||  
jiau jal thoRai machhulee karan palaav karei ||  
pir bhaavai sukh paieeaai jaa aape nadhar karei ||2||  
pir saalaahhee aapanaa sakhee sahelee naal ||  
tan sohai man mohiaa ratee ra(n)g nihaal ||  
sabadh savaaree sohanee pir raave gun naal ||3||  
kaaman kaam na aaviee khoTee avaganiaar ||  
naa sukh peieeaai saahurai jhooTh jalee vekaar ||  
aavan va(n)n(j)n ddaakhaRo chhoddee ka(n)t visaar ||4||  
pir kee naar suhaavanee mutee so kit saadh ||  
pir kai kaam na aaviee bole faadhil baadh ||  
dhar ghar ddoiee naa lahai chhooTee dhoojai saadh ||5||  
pa(n)ddit vaacheh potheaa naa boojheh veechaar ||  
an kau matee dhe chaleh maiaa kaa vaapaar ||  
kathanee jhooThee jag bhavai rahanee sabadhu su saar ||6||  
kete pa(n)ddit jotakee bedhaa kareh beechaar ||  
vaadh virodh salaahane vaadhe aavan jaan ||  
bin gur karam na chhuTasee keh sun aakh vakhaan ||7||  
sabh gunava(n)tee aakhe'eh mai gun naahee koi ||  
har var naar suhaavanee mai bhaavai prabh soi ||  
naanak sabadh milaavaRaa naa vechhoRaa hoi ||8||5||

**Summary:** Truthfulness leads us to righteousness, illuminating our inner selves. Everything in existence embodies truth: the ocean, the sky, and the mountains do so simply by being themselves. Living in truth allows our minds to align with the natural order, creating harmony between being and action. This balance helps us rise above self-interest and connect with the essence of all things. Ultimately, truth and righteousness merge, revealing that the self, the act, and the source are interconnected aspects of a continuous reality.

man jooThai tan jooTh hai jihavaa jooThee hoi ||

When the mind is corrupt, the body can be considered impure, and the tongue becomes deceitful. This represents that without a connection to truth, every aspect of our life, from thoughts to actions to words, is deceptive.

mukh jhooThai jhooTh bolanaa kiau kar soochaa hoi ||

The appearance is false, and the speech is dishonest. What actions can one take to become pure?

bin abh sabadh na maa(n)jeeaai saache te sach hoi ||1||

Without the essence of insightful words, cleansing is impossible; through honesty, authenticity can be achieved. This symbolizes that truth leads to truth, purifying the self. (1)

mu(n)dhe gunaheenee sukh keh ||

O being without virtue, what happiness can there be?

pir raleea ras maanasee saach sabadh sukh neh ||1|| rahaau ||

It will joyfully relish meeting the beloved if it has love for truthful insights and harmony. This reflects that, guided by integrity, a seeker attains union with peace. (1)(Pause)

pir paradhesee je theeaai dhan vaa(n)ddee jhoorei ||

If the beloved feels distant, the spouse grieves in longing. This suggests that a disconnection with the internal self can lead to a distressing sense of emptiness,

jiau jal thoRai machhulee karan palaav karei ||

Like a fish struggling due to shallow waters, it laments in pain.

pir bhaavai sukh paieeaai jaa aape nadhar karei ||2||

The beloved is pleasing, and peace is gained when we ourselves graciously embrace it. This highlights that fulfilment flows naturally when we align our lives with the omnipresence of the universal energy. (2)

pir saalahee aapanaa sakhee sahelee naal ||

Express the value of the beloved among friends and companions. This highlights that meaningful dialogue with fellow seekers deepens our understanding of the essence of omnipresent energy.

tan sohai man mohiaa ratee ra(n)g nihaal ||

The body is pleasing, the mind is intrigued, and when we immerse ourselves in devotional love, it leads to a state of bliss. This highlights that when awareness, action and devotion align, the body and mind unite in harmony.

sabadh savaaree sohanee pir raave gun naal ||3||

Spiritual insights transform us into virtuous beings, allowing us to truly cherish our beloved, the omnipresent force, for its attributes. (3)

kaaman kaam na aaviee khoTee avaganiaar ||

An individual's actions serve no purpose if they are corrupt and unvirtuous; it is a reminder that mistakes without reflection limit meaningful progress.

naa sukh peieeaai saahurai jhooTh jalee vekaar ||

Peace is absent at the in-laws' home, consumed by falsehood and worthlessness; this is a metaphor for the repercussions of a deceptive mindset that seeks fulfilment by ignoring one's inner truth.

aavan va(n)n(j)n ddaakhaRo chhoddee ka(n)t visaar ||4||

Coming and going becomes burdensome when abandoned and forgotten by the beloved. Representing a life lacking integrity and self-awareness that traps us in a cycle of progress and setbacks. (4)

pir kee naar suhaavanee mutee so kit saadh ||

The spouse of the beloved is virtuous, but if asleep, what is its worth? This suggests that, despite having an innate awareness, losing touch with its essence dulls all experiences.

pir kai kaam na aaviee bole faadhil baadh ||

The companion is of no use to the beloved when it speaks words that lack purpose and cause controversy.

dhar ghar ddoiee naa lahai chhooTee dhoojai saadh ||5||

One does not gain support from one's conscience when it is abandoned by seeking pleasures in duality. This suggests that conflicting thoughts obscure the inner truth. (5)

pa(n)ddit vaacheh potheaa naa boojheh veechaar ||

Scholars read scriptures but fail to realize their essence. This suggests that unless wisdom is applied, it carries no real value.

an kau matee dhe chaleh maiaa kaa vaapaar ||

They offer advice to others, and the business of trading illusions continues to run; this shows that when awareness and integrity are lacking, wisdom and guidance can become misleading.

kathanee jhooThee jag bhavai rahanee sabadhu su saar ||6||

The world wanders lost in falsehood; living by the insights of wisdom leads to accomplishment. Words without action create confusion; practising them reveals their true meaning. (6)

kete pa(n)ddit jottakee bedhaa kareh beechaar ||

Numerous scholars and astrologers have deliberated upon religious scriptures.

vaadh virodh salaahane vaadhe aavan jaan ||

Through conflict and debate, individuals seek to elevate themselves, but these exchanges are fleeting. While arguments may be entertaining, they do not foster lasting wisdom or genuine peace.

bin gur karam na chhuTasee keh sun aakh vakhaan ||7||

Without the wisdom that leads from ignorance to awareness, there is no liberation from our actions, even if one speaks, listens, and proclaims. Awakening arises from critical thinking and not from rituals or external efforts. (7)

sabh gunava(n)tee aakhe'eh mai gun naahee koi ||

Everyone perceives themselves as virtuous, but I admit that I have no virtue. This reflects humility, acknowledging one's weaknesses to foster growth and evolution.

har var naar suhaavanee mai bhaavai prabh soi ||

The omnipresent energy, embodying masculine and feminine qualities, is delightful, and to me, such divine essence is pleasing.

naanak sabadh milaavaRaa naa vechhoRaa hoi ||8||5||

Nanak says through insightful wisdom, we gain unity, and there is no state of separation. This represents awareness; the illusion of duality fades, revealing oneness as our true nature. (8)(5)

**Essence:** Guru Nanak endorses that acknowledging one's weakness is an act of courage, not defeat. It opens the door to self-understanding and frees us from the illusion of perfection. When we accept our flaws with honesty, we create space for growth and transformation. Awareness replaces denial, and humility replaces pride. This gentle acceptance turns weakness into a teacher, guiding us toward balance and inner strength. In truth, acknowledging our weakness is the first step toward becoming whole with the oneness of creation.

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