

**Guru Nanak – Sabad 80**  
**jap tap sa(n)jam saadheeaai teerath keechai vaas ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 56**

jap tap sa(n)jam saadheeaai teerath keechai vaas ||  
pu(n)n dhaan cha(n)giaaiecaa bin saache kiaa taas ||  
jehaa raadhe tehaa lunai bin gun janam vinaas ||1||  
mu(n)dhe gun dhaasee sukh hoi ||  
avagan tiaag samaieeaaai gurmataa poora soi ||1|| rahaau ||  
vin raasee vaapaareeaa take ku(n)ddaa chaar ||  
mool na bujhai aapanaa vasat rahee ghar baar ||  
vin vakhar dhukh agalaa kooR muThee kooRiaar ||2||  
laahaa ahinis nautanaa parakhe ratan veechaar ||  
vasat lahai ghar aapanai chalai kaaraj saar ||  
vanajaariaa siau vanaj kar gurmukh braham beechaar ||3||  
sa(n)taa(n) sa(n)gat paieeaaai je mele melanahaar ||  
miliaa hoi na vichhuRai jis a(n)tar jot apaar ||  
sachai aasan sach rahai sachai prem piaar ||4||  
jinee aap pachhaaniaa ghar meh mahal suthai ||  
sache setee ratiaa sacho palai pai ||  
tirabhavan so prabh jaaneeaaai saacho saachai nai ||5||  
saa dhan kharee suhaavane jin pir jaataa sa(n)g ||  
mahalee mahal bulaieeaaai so pir raave ra(n)g ||  
sach suhaagan saa bhalee pir mohee gun sa(n)g ||6||  
bhoollee bhoollee thal chaRaa thal chaR ddoogar jaau ||  
ban meh bhoollee je firaa bin gur boojh na paau ||  
naavahu bhoollee je firaa fir fir aavau jaau ||7||  
puchhahu jai padhaauooaa chale chaakar hoi ||  
raajan jaaneh aapanaa dhar ghar Thaak na hoi ||  
naanak eko rav rahiaa dhoojaa avar na koi ||8||6||

**Summary:** The source of fulfilment we seek is already within us, hidden beneath our thoughts and desires. Too often, we chase meaning through relationships and material possessions, overlooking what we truly long for. Realization is an awakening to our inner selves, occurring when we achieve stillness in our minds, allowing us to discover the insights that have always been there. This journey is not simply about reaching a destination; it's about embracing what has always been within us.

jap tap sa(n)jam saadheeaai teerath keechai vaas ||

One may practice chanting, austerity, and discipline, and may even dwell at pilgrimage sites.

pu(n)n dhaan cha(n)giaaieeaa bin saache kiaa taas ||

Good deeds, such as performing charity and giving donations, when done without sincerity, what value do they hold?

jehaa raadhe tehaa lunai bin gun janam vinaas ||1||

As one sows, so shall one reap; without virtue, one's birth is meaningless. This is a reminder that what you put into life is what you get out of it; hence, think critically. (1)

mu(n)dhe gun dhaasee sukh hoi ||

O companion, when virtue becomes your support, peace is attained. This symbolizes that inner character facilitates lasting happiness.

avagan tiaag samaieeaa gurmat pooraa soi ||1|| rahaau ||

By letting go of negative attributes and embracing a mindset which aligns with the essence of wisdom, one attains perfect harmony. (1)(Pause)

vin raasee vaapaareeaa take ku(n)ddaa chaar ||

Without capital, the trader looks in all four directions. This illustrates that those who lack inner clarity often drift, searching for value beyond themselves.

mool na bujhai aapanaa vasat rahee ghar baar ||

Unaware of their own capital's value, their merchandise remains at home. This means that the essence of our source lies within us, but without realisation, it remains undiscovered.

vin vakhar dhukh agalaa kooR muThee kooRiaar ||2||

Without the merchandise, great suffering follows; deceit is in the fist of those who practice falsehood. (2)

laahaa ahinis nautanaa parakhe ratan veechaar ||

The profit, at every moment, is renewed when one assesses and reflects on the jewel. This presents a consistent effort that enriches life with fresh insights.

vasat lahai ghar aapanai chalai kaaraj saar ||

The merchandise is located within the home, which allows one to accomplish a pursuit. This highlights that the essence lies in conscience, and discovering it brings life to completion.

vanajaariaa siau vanaj kar gurmukh braham beechaar ||3||

Merchants engage in trade much like those who embody wisdom by contemplating the eternal energy that manifests as living beings. In this context,

merchants and trade serve as a metaphor for seekers and their journey toward enlightenment. (3)

sa(n)taa(n) sa(n)gat paieeaaai je mele melanahaar ||

In the presence of the enlightened, profound insights can be discovered if seekers engage with those who embody worthiness. Saints symbolise awakened consciousness, and their company embodies attributes that harmonise with awareness.

miliaa hoi na vichhuRai jis a(n)tar jot apaar ||

United in oneness and beyond separation are those who recognize the infinite wisdom within. This represents that when a seeker discovers this inner radiance, all sense of duality dissolves.

sachai aasan sach rahai sachai prem piaar ||4||

For the honest, their devotional practice is to remain truthful, and their love and devotion are towards the reality that a universal force is omnipresent. (4)

jinee aap pachhaaniaa ghar meh mahal suthai ||

Those who realize their true self, discover that the abode of peace resides within their conscience.

sache setee ratiaa sacho palai pai || Those imbued with truth receive truth as their accomplishment. This highlights that those who live honestly find that honesty becomes their greatest asset.

tirabhavan so prabh jaaneeaaai saacho saachai nai ||5|| In all the realms of existence, the Omnipresent is recognized as reality through truthful contemplation. (5)

saa dhan kharee suhaavane jin pir jaataa sa(n)g ||

A truly delightful partner recognises that their beloved is always present with them. This realisation highlights that the universal force is ever-present and all-pervasive.

mahalee mahal bulaieeaaai so pir raave ra(n)g ||

The partner is welcomed into the innermost palace, where the beloved can joyously enjoy. This suggests that when profound realisation is achieved, union with the universal force is celebrated.

sach suhaagan saa bhalee pir mohee gun sa(n)g ||6||

A truly blessed and delightful partner is the one who wins the love of their beloved through their virtues. This highlights that our innate awareness possesses the quality that connects us with our true selves. (6)

bhoolee bhoolee thal chaRaa thal chaR ddoogar jaau ||

In ignorance, I climb the desert dunes, ascend the plateau and visit the mountains. This symbolises that without wisdom, the seeker remains lost in the illusions of the world.

ban meh bhoolee je firaa bin gur boojh na paau ||

In ignorance, even if I wander through the forest, without spiritual wisdom, I cannot comprehend my essence. This reveals that without inner awareness; the true purpose of life remains unseen.

naavahu bhoolee je firaa fir fir aavau jaau ||7||

If I wander, forgetting to contemplate, I shall wander endlessly, caught in the cycles of progression and regression. This highlights that a lack of grounding leads to repeated patterns of suffering. (7)

puchhahu jai padhaauooaa chale chaakar hoi ||

Ask the traveler on the path of spirituality how they move forward as a humble devotee.

raajan jaaneh aapanaa dhar ghar Thaak na hoi ||

Those who recognise the sovereign as the omnipresent force within find no barrier that can hinder their conscience or their true self.

naanak eko rav rahiaa dhoojaa avar na koi ||8||6||

Nanak says there is only omnipresent energy that pervades all creation; there is no other. This is an endorsement that the entire creation is one ecosystem. (8)(6)

**Essence:** Guru Nanak expresses that without grounding, we wander through life, trapped in repetitive cycles of suffering and confusion. Without contemplation, our minds react to every emotional wave, and we lose inner stability. Grounding provides humility as the strength needed for clarity, to release ourselves from barriers that hinder our connection with our true selves. As harmful patterns begin to fade, we reclaim the wisdom of simply being in union with the universal energy.

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