

Guru Nanak - Sabad 51
aavahu bhaine gal mileh a(n)k sahelaReeaaeh ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 17

aavahu bhaine gal mileh a(n)k sahelaReeaaeh ||
mil kai kareh kahaaneeaa sa(n)mrath ka(n)t keeaaeh ||
saache saahib sabh gun aaugan sabh asaeh ||1||
kartaa sabh ko terai jor ||
ek sabad beechaareeaa jaa too taa kiaa hor ||1|| rahaau ||
jai puchhahu sohaagane tusee raaviaa kinee guna(n)ee ||
sahaj sa(n)tokh seegaareeaa miThaa bolanee ||
pir reesaloo taa milai jaa gur kaa sabad sunee ||2||
keteeaa tereaa kudarate kevaD teree daat ||
kete tere jee ja(n)t sifat kareh din raat ||
kete tere roop ra(n)g kete jaat ajaat ||3||
sach milai sach uopajai sach meh saach samai ||
surat hovai pat uogavai gurbachanee bhau khai ||
naanak sachaa paatisaahu aape le milai ||4||10||

Summary: Meaningful companionship thrives on deep understanding, mutual respect, and open communication. Those who have cultivated this virtue embody qualities such as contentment and patience. By learning from their experiences, we can gain valuable insights into the journey toward such wisdom, which inspires us to commit to the well-being of everyone. By fostering mutual growth, we can forge fulfilling and lasting relationships, enriching our lives and those of others.

aavahu bhaine gal mileh a(n)k sahelaReeaaeh ||
Congregate fellow beings and embrace each other as companions.

mil kai kareh kahaaneeaa sa(n)mrath ka(n)t keeaaeh ||
Together, contemplate the virtues of the all-encompassing companion.

saache saahib sabh gun aaugan sabh asaeh ||1||
The true omnipresent energy embodies all virtues, but shortcomings are all ours in not understanding Oneness. (1)

kartaa sabh ko terai jor //
All is within the power of the omnipotent creator.

ek sabad beechaareeaa jaa too taa kiaa hor ||1|| rahaau ||
Reflect on this one essence; if all-pervading energy is everywhere, what else is there? (1)(Pause)

jai puchhahu sohaagane tusee raaviaa kinee guna(n)ee ||

Seek the wisdom of those who have found virtuous companionship and learn how they achieved this noble bond.

sahaj sa(n)tokh seegaareeaa miThaa bolanee ||

Through intuitive understanding, contentment, and pleasant communication.

pir reesaaloo taa milai jaa gur kaa sabad sunee ||2||

Virtues, the beloved companion, is attained when one listens to words of wisdom that guide one from darkness to light. (2)

keteeaa tereaa kudarate kevaD teree daat ||

There are various forms in nature that offer abundant resources.

kete tere jee ja(n)t sifat kareh din raat ||

Omnipresent energy embodied in various living beings has attributes worthy of appreciation day and night.

kete tere roop ra(n)g kete jaat ajaat ||3||

The omnipresent energy is personified in many forms, colors, and high and low social and financial levels. (3)

sach milai sach uoopajai sach meh saach samai //

By connecting with the true self, truth emerges; one becomes truthful and absorbed in the true omnipresence.

surat hovai pat uogavai gurbachanee bhau khai ||

Being conscious of one's surroundings unfolds universal honor. Wise words illuminate our path from darkness to awareness, dispelling fear.

naanak sachaa paatisaahu aape le milai ||4||10||

Nanak says that the true omnipresent sovereign merges its creation within itself. (4)(10)

Essence: Guru Nanak highlights the significance of self-awareness and awareness of the world, which promotes universal respect. Mindfulness reveals our interconnectedness, allowing us to connect with our true selves and embody honesty. This awareness encourages respect, compassion, and understanding, guiding us toward selflessness, equality, and love, ultimately uniting people and our surroundings in harmony.

An initiative by

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com