

**Guru Nanak – Sabad 109**  
**gala(n)ee asee cha(n)geetaa aachaaree bureetaah ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 85**

gala(n)ee asee cha(n)geetaa aachaaree bureetaah ||  
manahu kusudhaa kaaleetaa baahar chiTaveetaah ||  
reesaa kareh tinaaReetaa jo seveh dhar khaReetaah ||  
naal khasamai rateetaa maaneh sukh raleetaah ||  
hodhai taan nitaaneetaa raheh nimaananeetaah ||  
naanak janam sakaarathaa je tin kai sa(n)g milaeh ||2||

**Summary:** The dichotomy between social appearance and internal reality highlights how we often present an exterior that may conceal our true intentions. This disconnect can lead to hypocrisy, creating a misalignment of conscience. Our actions may conform to societal expectations, while our genuine thoughts and feelings remain hidden. Such inner inconsistency can reduce self-awareness and undermine authenticity. Integrity emerges only when our inner self aligns with our outward behavior, eliminating the need for facades. Embracing this authenticity allows us to live genuinely and form deeper connections with ourselves and others.

gala(n)ee asee cha(n)geetaa aachaaree bureetaah ||  
In speech, we are virtuous and pleasant, but in deeds and conduct, we are corrupt. This contrast highlights the gap between what we say and our lived integrity.

manahu kusudhaa kaaleetaa baahar chiTaveetaah ||  
Internally, the mind is black, representing negativity, while the external appearance remains white symbolizing positivity. This contrast emphasizes the risk of misjudging reality based solely on superficial appearances.

reesaa kareh tinaaReetaa jo seveh dhar khaReetaah ||  
They mimic those who stand devoted to the consciousness. This reflects that while we can emulate the disciplined or spiritual paths of others, mere imitation cannot replace sincerity and experiential wisdom.

naal khasamai rateetaa maaneh sukh raleetaah ||  
In harmony with the beloved, they experience the joy of connection and unity. The beloved symbolises universal consciousness; attuning our minds to this all-encompassing reality reveals a state of bliss.

hodhai taan nitaaneeaa raheh nimaananeeaaeh ||

While possessing power, they remain as if powerless; having self-worth, they remain humble and unassuming. This expresses that real strength and virtue are reflected in humility and a lack of need for external validation.

naanak janam sakaarathaa je tin kai sa(n)g milaeh ||2||

Nanak says that life becomes meaningful through such mindful association. This suggests that interactions with those with a positive demeanour can initiate positive change. (2)

**Essence:** Guru Nanak highlights that true strength lies in humility rather than seeking attention or asserting power. This attribute reflects a natural expression of inner alignment, rooted in understanding rather than insecurity. Such traits become evident through our conduct rather than mere words and can create a ripple effect that fosters positive change.

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