

Guru Nanak – Sabad 81
gur te niramal jaaneeai niramal dheh sareer ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 57

gur te niramal jaaneeai niramal dheh sareer ||
niramal saacho man vasai so jaanai abh peer ||
sahajai te sukh agalo naa laagai jam teer ||1||
bhaiee re mail naahee niramal jal nai ||
niramal saachaa ek too hor mail bharee sabh jai ||1|| rahaau ||
har kaa ma(n)dhar sohanaa keeaa karanaihaar ||
rav sas dheep anoop jot tirabhavan jot apaar ||
haaT paTan gaR koThaRee sach saudhaa vaapaar ||2||
giaan a(n)jan bhai bha(n)janaa dhekh nira(n)jan bhai ||
gupat pragaT sabh jaaneeai je man raakhai Thai ||
aaisaa satigur je milai taa sahaje le milai ||3||
kas kasavaTee laieeai parakhe hit chit lai ||
khoTe Thaur na painee khare khajaanai pai ||
aas a(n)dhesaa dhoor kar iau mal jai samai ||4||
sukh kau maagai sabh ko dhukh na maagai koi ||
sukhai kau dhukh agalaa manmukh boojh na hoi ||
sukh dhukh sam kar jaane'eeh sabadh bhedh sukh hoi ||5||
bedh pukaare vaacheeai baanee braham biaas ||
mun jan sevak saadhikaa naam rate gunataas ||
sach rate se jin ge hau sadh balihaarai jaas ||6||
chahu jug maile mal bhare jin mukh naam na hoi ||
bhagatee bhai vihooniaa muh kaalaa pat khoi ||
jinee naam visaariaa avagan muThee roi ||7||
khojat khojat paiaa ddar kar milai milai ||
aap pachhaanai ghar vasai haumai tirsanaa jai ||
naanak niramal uojale jo raate har nai ||8||7||

Summary: When integrity is at the core of our lives, it creates a natural harmony in our interactions. This integrity fosters a sense of collective responsibility among individuals, communities, and social systems. It transforms actions into purposeful initiatives and directs power toward meaningful service for the universal well-being, rather than serving selfish interests. Guided by righteousness, this shift enables society to adopt an egalitarian approach that reflects the harmony inherent in the universe.

gur te niramal jaaneeai niramal dheh sareer ||
Comprehending the essence of wisdom purifies the self, allowing the body and mind to exude clarity and grace.

niramal saacho man vasai so jaanai abh peer ||

When the truth of what is pure dwells in the mind, it then understands the reason for suffering; this highlights that self-awareness helps navigate life's challenges with greater insight.

sahajai te sukh agalo naa laagai jam teer ||1||

From this effortless state of equilibration, immense joy arises, and the arrow of death does not strike, metaphorically representing that suffering and the fear of impermanence do not impact one when living with ease amidst life's changes. (1)

bhaiee re mail naahee niramal jal nai ||

Fellow beings, no dirt remains after bathing in clean water, symbolizing that the ego, which causes impurities in the mind, is cleansed through sincere self-reflection.

niramal saachaa ek too hor mail bharee sabh jai ||1|| rahaau ||

The immaculate, eternal truth is that there is only one universal awareness. Everything else entrenched in the impurity of duality is transitory. (1)(Pause)

har kaa ma(n)dhar sohanaa keeaa karanaihaar ||

The temple of the all-pervading force is beautiful, created by the creator. This symbolises that our physical being is sacred, as it is a manifestation of the universal awareness.

rav sas dheep anoop jot tirabhavan jot apaar ||

The Sun and Moon shine as magnificent lamps of light; however, it is the infinite light that illuminates the universe. This is an endorsement that a single, omnipresent energy is the source of creation.

haaT paTan gaR koThaRee sach saudhaa vaapaar ||2||

A marketplace that sustains livelihoods, a city that builds community, a fort that enforces order, and a home that nurtures family must prioritize truth like a trader values its goods. This suggests that integrity in every aspect of society allows human experiences to thrive in harmony. (2)

giaan a(n)jan bhai bha(n)janaa dhekh nira(n)jan bhai ||

Apply the collyrium of wisdom, which dispels fear and provides clarity to perceive pure devotion.

gupat pragaT sabh jaaneeai je man raakhai thai ||

The unseen truths and visible realities of existence become known when the mind is calm and balanced.

aaisaa satigur je milai taa sahaje le milai ||3||

If true wisdom that leads from ignorance to awareness is achieved, uniting with the source becomes effortless. This indicates that oneness is attained through insights that dispel delusion. (3)

kas kasavaTee laieeai parakhe hit chit lai ||

Firmly apply the touchstone and evaluate by focusing the mind on goodness. This endorses the idea that worth is revealed through mindful attention to righteousness.

khoTe Thaur na painee khare khajaanai pai ||

The counterfeit finds no acceptance; the genuine reaches the treasury; this reminds us that those with integrity gain insight, while the deceptive lack truth.

aas a(n)dhesaa dhoor kar iau mal jai samai ||4||

When we dispel our expectations and apprehensions, it allows the impurities to vanish and dissolve, which highlights that attachment and worry cloud the mind, while letting go brings clarity. (4)

sukh kau maagai sabh ko dhukh na maagai koi ||

Everyone asks for comfort; no one wants discomfort. It shows a preference for fleeting pleasures over challenges that foster personal growth.

sukhai kau dhukh agalaa manmukh boojh na hoi ||

Seeking happiness in worldly pleasures inevitably results in pain that accompanies them; the self-absorbed fail to recognise this. This paradox reveals that without reflection on life's experiences, one may fall into a state of distress.

sukh dhukh sam kar jaane'eeh sabadh bhedh sukh hoi ||5||

Joy and sorrow are alike; when this equanimity is understood, the insights arising from wisdom bring peace. (5)

bedh pukaare vaacheeai baanee braham biaas ||

Scriptures reveal their meaning when studied, and the verses of proponents inspire us to explore the essence of primordial reality.

mun jan sevak saadhikaa naam rate gunataas ||

The wise, pious, devotees, and seekers engaged in self-reflection and attain the treasure of virtues.

sach rate se jin ge hau sadh balihaarai jaas ||6||

Those imbued with truth conquer the self; I am forever in reverence of such ones. This respect is a tribute to those who transcend their limitations with integrity, wisdom, and self-reflection. (6)

chahu jug maile mal bhare jin mukh naam na hoi ||

At all stages of life, those individuals remain impure, soiled with impurity, who do not embody self-reflection; this symbolises that, without awareness and introspection, one cannot attain spiritual purity.

bhagatee bhai vihooniaa muh kaalaa pat khoi ||

Without devotion and loving intention, a person's demeanour darkens, leading to a loss of honour. This shift reflects the impact of the ego, which diminishes self-awareness and neglects conscience.

jinee naam visaariaa avagan muThee roi ||7||

Those who have forgotten to contemplate are robbed by their own vices, and they lament, this reminds us that when we lose touch with mindfulness, integrity, or purpose, we invite distress.

khojat khojat paiaa ddar kar milai milai ||

Through continuous self-reflection, we come to realise our true selves, and by facing our fears about our actions, we gain the insight to accept them. This suggests that we seek life's meaning in various ways; it is through contemplation, sincerity and humility that we establish meaningful connections with ourselves and others.

aap pachhaanai ghar vasai haumai tirsanaa jai ||

Those who recognize their true selves dwell in their awareness as their ego and cravings fade away, this endorses the notion that self-realization is the place where one gains liberation and peace.

naanak niramal uojale jo raate har nai ||8||7||

Nanak says that the radiant and pure are those who immerse themselves in practising the oneness of the all-pervading source, this reveals the state of complete union with awareness. (8)(7)

Essence: Guru Nanak encourages mental steadiness and self-awareness. A scattered mind leads to confusion, while a centred one fosters clarity. This inner stability enables one to comprehend not only what is visible but also the invisible truths. As the lines between hidden mysteries and observable realities blur, the interconnectedness of all things, both within ourselves and the world around us, begins to emerge. These awakenings merge knowledge and intuition, revealing

that the same consciousness unites the finite and infinite, the tangible and the intangible.

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