

**Guru Nanak – Sabad 88**  
**raam naam man bedhiaa avar k karee veechaar ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 62**

raam naam man bedhiaa avar k karee veechaar ||  
sabadh surat sukh uoopajai prabh raatau sukh saar ||  
jiau bhaavai tiau raakh too(n) mai har naam adhaar ||1||  
man re saachee khasam rajai ||  
jin tan man saaj seegaariaa tis setee liv lai ||1|| rahaau ||  
tan baisa(n)tar homeeaaai ik ratee tol kaTai ||  
tan man samadhaa je karee anadhin agan jalai ||  
har naamai tul na pujiee je lakh koTee karam kamai ||2||  
aradh sareer kaTaieeaaai sir karavat dharai ||  
tan haima(n)chal gaaleeaaai bhee man te rog na jai ||  
har naamai tul na pujiee sabh ddiThee Thok vajai ||3||  
ka(n)chan ke koT dhat karee bahu haivar gaivar dhaan ||  
bhoom dhaan guooaa ghanee bhee a(n)tar garab gumaan ||  
raam naam man bedhiaa gur dheeeaa sach dhaan ||4||  
manahaTh budhee keteeaa kete bedh beechaar ||  
kete ba(n)dhan jeea ke gurmukh mokh dhuaar ||  
sachahu orai sabh ko upar sach aachaar ||5||  
sabh ko uoochaa aakheeeaaai neech na dheesai koi ||  
eikanai bhaa(n)dde saajiaai ik chaanan tih loi ||  
karam milai sach paieeaaai dhur bakhas na meTai koi ||6||  
saadh milai saadhoo janai sa(n)tokh vasai gur bhai ||  
akath kathaa veechaareeaaai je satigur maeh samai ||  
pee a(n)mrit sa(n)tokhiaa dharageh paidhaa jai ||7||  
ghaT ghaT vaajai ki(n)guree anadhin sabadh subhai ||  
virale kau sojhee piee gurmukh man samajhai ||  
naanak naam na veesarai chhooTai sabadh kamai ||8||14||

**Summary:** Purpose serves as the inner compass that shapes our choices and infuses our journey with meaning. It transcends mere goals; it provides a profound clarity that directs how we live and why we act. When we tap into our purpose, our strengths, values, and intentions resonate in harmony. Challenges become more manageable as we gain a clear vision of what we are working toward. Bondages begin to fade, and our decisions flow more naturally. True purpose does not come from imitation or expectation, but from listening inwardly to what feels sincere and alive. It unfolds as we recognize what brings depth, connection, and contribution to our lives. Purpose is less about achieving something and more about becoming aligned with our authentic self. It grounds us in who we are. And in that grounding, life begins to feel meaningful, steady, and whole.

raam naam man bedhiaa avar k karee veechaar ||

When contemplation on the all-pervading awareness permeates the mind, what other thoughts or deliberations are left to reflect upon? This demonstrates the embracing of the oneness of creation, which fades the need for external debates.

sabadh surat sukh uoopajai prabh raatau sukh saar ||

When spiritual insights lead to a contemplative state, peace arises, the essence of the all-pervading source is absorbed, and a sublime bliss is achieved.

jiau bhaavai tiau raakh too(n) mai har naam adhaar ||1||

Whatever is deemed appropriate by the will of nature, it provides accordingly. For me, identifying with oneness is my support. This endorses that letting go of attachment to outcomes anchors the mind. (1)

man re saachee khasam rajai ||

O mind, accept the will of the beloved, the omnipresent awareness as genuine. This reveals that accepting reality enables us to navigate life with clarity and ease.

jin tan man saaj seegaariaa tis setee liv lai ||1|| rahaau ||

Stay connected to the consciousness that shapes the body and mind. Recognizing our innate attributes cultivates and enriches our sense of purpose. (1)(Pause)

tan baisa(n)tar homeeai ik ratee tol kaTai ||

Even if the body is sacrificed in fire or cut into the tiniest pieces, it is a symbolic representation that physical suffering is no substitute for inner connection.

tan man samadhaa je karee anadhin agan jalai ||

Even if the body and mind remain in uninterrupted meditation day and night, they ignite the sacred fire; this symbolises that efforts without awareness lack depth.

har naamai tul na pujiee je lakh koTee karam kamai ||2||

They cannot be equal to the practice of contemplating oneness, even if one performs countless virtuous actions and religious deeds. This is a reflection that a single sincere moment outshines a lifetime of performance. (2)

aradh sareer kaTaieeai sir karavat dharai ||

Even if the body is cut in half and a saw is placed upon the head, this highlights that the loudest sacrifice can still be hollow without spiritual realization.

tan haima(n)chal gaaleeai bhee man te rog na jai ||

Even if one's body melts away like the snow of the Himalayas, the inner disease of the mind does not disappear. This serves as a reminder that the impurities of ego do not dissolve through penance.

har naamai tul na pujee sabh ddiThee Thok vajai ||3||

They can't be equal to the practice of contemplating oneness, even if one performs countless virtuous actions and religious deeds. This reflects that inner truth always surpasses outward success. (3)

ka(n)chan ke koT dhat karee bahu haivar gaivar dhaan ||

Even if one gives away lavish mansions of gold and an endless supply of horses and elephants, this reveals that true philanthropy remains empty when fueled by ego.

bhoom dhaan guooaa ghanee bhee a(n)tar garab gumaan ||

Even after donating a vast amount of land and cows, pride can persist within; this serves as a caution that charity done for recognition can diminish its value.

raam naam man bedhiaa gur dheaaa sach dhaan ||4||

When oneness is contemplated and permeates the mind, its essence provides the wealth of spiritual truth. (4)

manahaTh budhee keteeaa kete bedh beechar ||

There are many stubborn perceptions, many spiritual scriptures, and many interpretations. This symbolizes that a rigid mindset, devoid of love for learning, can cloud the simple realities of life.

kete ba(n)dhan jee ke gurmukh mokh dhuaar ||

There are countless forms of mental bondage, but those focused on gaining wisdom open the door to liberation. This shows that by releasing ourselves from limiting beliefs, we unlock the potential for profound change and growth.

sachahu orai sabh ko upar sach aachaar ||5||

Truth is above all, but higher still is truthful living. This emphasizes that embodying integrity represents the highest value, surpassing mere knowledge of reality. (5)

sabh ko uoocaa aakheesai neech na dheesai koi ||

Everyone calls themselves high; no one sees themselves as low. This reflects the damaging trait of vanity, which leads one to believe that one's particular way of life and beliefs are superior.

eikanai bhaa(n)dde saajiaai ik chaanan tih loi ||

The single energy forms all of creation; this energy shines in all three worlds. This reinforces the idea that all forms carry the same spark of one omnipresent force; all are equally sacred in origin.

karam milai sach paieeaaai dhur bakhas na meTai koi ||6||

Through our actionable thoughts, we can uncover a truth that none can erase: the inherent beneficence present from the very beginning of time. This reality reminds us that goodness is a fundamental aspect of our nature. (6)

saadh milai saadhoo janai sa(n)tokh vasai gur bhai ||

When seekers connect with others dedicated to their spiritual goals, a sense of contentment emerges as they absorb each other's essence. This highlights that meaningful interactions cultivate inner peace, fostering an environment for ease and reflection.

akath katha veechaareeaaai je satigur maeh samai ||

The indescribable mystery can be reflected upon when the truth of the essence of wisdom is immersed within ourselves. This highlights that realizations and insights can arise through presence and awareness, rather than simply verbal expressions or intellectual concepts.

pee a(n)mrit sa(n)tokhiaa dharageh paidhaa jai ||7||

Those who savour the nectar of contentment earn the esteem of their conscience, their inner judge. This reflects satisfaction as a potent elixir that conquers the vices tied to the ego. (7)

ghaT ghaT vaajai ki(n)guree anadhin sabadh subhai ||

In every aspect of our being, an omnipresent energy vibrates continuously, producing a resonance of spiritual insights that we can intuitively grasp. This is a realisation that the same pristine energy with the same innate values underlies all life, an experience we can access if we take the time to tune in.

virale kau sojhee piee gurmukh man samajhai ||

Only a rare few attain understanding, like those who embody wisdom through guiding their minds.

naanak naam na veesarai chhooTai sabadh kamai ||8||14||

Nanak says that contemplation should never be forgotten; freedom from worldly bondage comes from gaining the essence of spiritual wisdom. (8)(14)

**Essence:** Guru Nanak says meaningful interactions are crucial for fostering inner peace. By engaging in authentic connections, we create an environment where sincerity and presence allow our minds to settle and our hearts to open and shed ego. In these moments, conversation bridges gaps and fosters unity rather than creating barriers. Such exchanges spark clarity, reminding us that true peace arises from the richness of our relationships with ourselves and everyone around us. Each thoughtful interaction serves as a source of renewal, guiding us towards

balance and understanding. Embracing meaningful interactions is essential to finding serenity and insight.

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