

Guru Nanak – Sabad 89
chite dhiseh dhaulahar bage ba(n)k dhuaar ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 62

chite dhiseh dhaulahar bage ba(n)k dhuaar ||
kar man khusee usaariaa dhoojai het piaar ||
a(n)dhara khaalee prem bin ddeh dderee tan chhaar ||1||
bhaiee re tan dhan saath na hoi ||
raam naam dhan niramalo gur dhaat kare prabh soi ||1|| rahaau ||
raam naam dhan niramalo je dhevai dhevanahaar ||
aagai poochh na hoviee jis belee gur karataar ||
aap chhadhaae chhuTeeaaai aape bakhasanahaar ||2||
manmukh jaanai aapane dheea poot sa(n)jog ||
naaree dhekh vigaase'eeh naale harakhu su sog ||
gurmukh sabadh ra(n)gaavale ahinis har ras bhog ||3||
chit chalai vit jaavano saakat ddol ddolai ||
baahar ddoo(n)dd vigucheeaaai ghar meh vasat suthai ||
manmukh haumai kar musee gurmukh palai pai ||4||
saakat niraguniaariaa aapanaa mool pachhaan ||
rakat bi(n)dh kaa ih tano aganee paas piraan ||
pavanai kai vas dhehuree masatak sach neesaan ||5||
bahutaa jeevan ma(n)geeaai muua na loRai koi ||
sukh jeevan tis aakheeaai jis gurmukh vasiaa soi ||
naam vihoone kiaa ganee jis har gur dharas na hoi ||6||
jiau supanai nis bhuleeaai jab lag nidhraa hoi ||
eiau sarapan kai vas jeeaaRaa a(n)tar haumai dhoi ||
gurmat hoi veechaareeaai supanaa ih jag loi ||7||
agan marai jal paieeaai jiau baarik dhoodhai mai ||
bin jal kamal su naa theeaai bin jal meen marai ||
naanak gurmukh har ras milai jeevaa har gun gai ||8||15||

Summary: Love is the quiet force that dissolves the illusion of separateness and draws us into a more profound connection with life. It begins with understanding oneself and expands outwards to relate to the world. The term *Piaar* indicates the nascent state of love, arising from the individual self. It often carries the seeds of attachment and the subtle hope of receiving something in return, making it vulnerable to wavering because it is tied to specific forms, emotions, and outcomes. However, *Prem* is love beyond the personal; it is the recognition of shared essence in all beings. Beyond duality, it expands to embrace the whole creation as one unit. It liberates and nourishes both the giver and the receiver, becoming a state of being that flows endlessly in the entire creation.

chite dhiseh dhaulahar bage ba(n)k dhuaar ||

Mansions appear luxurious, with their gleaming white walls and elaborate gates; this observation highlights our tendency to form impressions based solely on appearances, without uncovering the true essence that lies within.

kar man khusee usaariaa dhoojai het piaar ||

They are built to evoke pleasure in the mind, for the sake of the love attached to duality. This reflects the false notion that happiness lies in pleasures that depend on external validation.

a(n)धार khaalee prem bin ddeh dderee tan chhaar ||1||

The inner self remains hollow without love; the body deteriorates into rubble and ash. This illustrates that without enduring, selfless, spiritual love, we cannot establish a profound and respectful connection with our inner and outer realities. (1)

bhaiee re tan dhan saath na hoi ||

O, fellow beings, neither body nor wealth will stay with you. These images represent the bonds we form with material comforts in our minds, which, in truth, are fleeting illusions that hold no real value.

raam naam dhan niramalo gur dhaat kare prabh soi ||1|| rahaau ||

Contemplation on oneness is the pristine treasure acquired through the essence of wisdom that gifts the understanding of the all-pervading source. Inner peace and clarity are the only lasting riches. (1)(Pause)

raam naam dhan niramalo je dhevai dhevanahaar ||

Contemplation on oneness is the pristine wealth that can be attained if the giver offers it. This shows that we can achieve awareness only when our conscience provides our mind with righteous thoughts.

aagai poochh na hoviee jis belee gur karataar ||

No questioning awaits those whose friend is the essence of the all-pervading source. This reflects a life aligned with wisdom, carrying a dignity that exemplifies true character and requires no defence.

aap chhaddae chhuTeeai aape bakhasanahaar ||2||

If it releases itself, it can be free as it is itself the forgiver. This symbolizes our conscience, the vital force that provides the clarity needed to transcend negativity and shed the guilt that weighs us down. (2)

manmukh jaanai aapane dheea poot sa(n)jog ||

The ego-centric believe that their children and family form their lasting bonds. This gives a glimpse of human tendency to manage and control relationships and, in this attachment, to forget the higher value of letting go with love rather than holding on with resentment.

naaree dhekh vigaase'eeh naale harakhu su sog ||

They radiate joy when they see outward beauty, but this delight brings along sorrow. This illustrates that desires lead to restlessness and emotional ups and downs, resulting in temporary highs and deeper lows.

gurmukh sabadh ra(n)gaavale ahinis har ras bhog ||3||

Those who seek wisdom are filled with spiritual insights and experience the essence of oneness as nectar, day, and night. (3)

chit chalai vit jaavano saakat ddol ddolai ||

When conscience drifts towards fleeting worldly wealth, the self-centered individuals falter and distract those around them. This reflects a restless mind characterized by indecisiveness, which weakens overall stability.

baahar ddoo(n)dd vigucheeaaai ghar meh vasat suthai ||

Searching externally leads to distress, as the sacred treasure resides within. This showcases the flaw of a human mind that seeks happiness in possessions, for the treasure of contentment resides within us.

manmukh haumai kar musee gurmukh palai pai ||4||

The self-centred lose themselves in ego, while those attuned to wisdom receive the reward in their lap. This is a wake-up call that vanity hides the truth even with effort, while humility reveals it effortlessly. (4)

saakat niraguniaariaa aapanaa mool pachhaan ||

O self-centered being lacking virtue, recognize your origin. This highlights that understanding the essence of our source can guide us toward our destination.

rakat bi(n)dh kaa ih tano aganee paas piraan ||

This body, composed of blood, semen, and the egg, will be consigned to the fire. This serves as a reminder of the impermanence of tangible existence: it comes into existence, sustains, and ultimately perishes.

pavanai kai vas dhehuree masatak sach neesaan ||5||

The breath governs the body; a truth marked on the forehead. This signifies that pride in one's physical form is misplaced; what truly matters is the truth carried in one's conscience. (5)

bahutaa jeevan ma(n)geeaai muaa na loRai koi ||

Everyone desires a long life; no one wishes for death. This metaphorically symbolizes that while we seek peace and joy, we often hesitate to release our ego and unchecked desires.

Sukh jeevan tis aakheeaai jis gurmukh vasiaa soi ||

A life can be said to be peaceful when it embodies the qualities of a wise being who is in tune with wisdom. This illustrates that a high quality of life stems from deep awareness, not from social standing, belief systems, age, or gender.

naam vihoone kiaa ganee jis har gur dharas na hoi ||6||

What is the worth of a life without self-reflection that has not experienced the essence of oneness? (6)

jiau supanai nis bhuleeaai jab lag nidhraa hoi ||

How one forgets the dream which lasts only until one is asleep; it metaphorically reflects human existence lived in illusions under the slumber of the ego until awareness breaks through to reveal reality.

eiau sarapan kai vas jeeARaa a(n)tar haumai dhoi ||

Just as a snake is charmed and controlled, the conscience remains trapped when ensnared by ego and duality.

gurmat hoi veechaareeaai supanaa ih jag loi ||7||

When the intellect attuned to spiritual wisdom contemplates, it recognizes that this world is like a dream. This shows the importance of gaining a mindful perspective as it reveals what is genuinely significant. (7)

agan marai jal paieeaai jiau baarik dhoodhai mai ||

Fire is subdued by water, just as a child satiated by mother's milk. This illustrates the importance of gaining awareness that subdues the flames of desire and the longing for their fulfilment.

bin jal kamal su naa theeaai bin jal meen marai ||

Without water, the lotus cannot bloom, and the fish cannot survive without water. This is a reflection that our conscience cannot thrive without spiritual nourishment.

naanak gurmukh har ras milai jeevaa har gun gai ||8||15||

Nanak says those wise ones who are connected to wisdom attain the essence of oneness and are spiritually alive as they express the virtues of unity. (8)(15)

Essence: Guru Nanak says Inner unrest settles only when we reconnect with our true nature. Just as water cools fire and a mother's milk soothes her child, self-awareness calms the restless mind. External comforts cannot quiet what arises from within. When we forget our innate source, the awareness of oneness, desire and fear arise, disrupting our balance. Awareness acts as a gentle antidote, restoring clarity and ease. It reveals that peace is not something to chase, but something already present beneath our restlessness. As this recognition deepens, contentment emerges naturally in our conscience, and peace becomes steady and real.

An initiative by

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com