

Guru Nanak – Sabad 90
ddoo(n)gar dhekh ddaraavano peieeaRai ddareeaas ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 63

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uochau parabat gaakhaRo naa pauRee tit taas ||
gurmukh a(n)tar jaaniaa gur melee tareeaas ||1||
bhaiee re bhavajal bikham ddaraa(n)au ||
poora satigur ras milai gur taare har naau ||1|| rahaau ||
chala chala je karee jaanaa chalanahaar ||
jo aaiaa so chalasee amaru su gur karataar ||
bhee sachaa saalaahanaa sachai thaan piaar ||2||
dhar ghar mahalaa sohane pake koT hazaar ||
hasatee ghoRe paakhare lasakar lakh apaar ||
kis hee naal na chaliaa khap khap mue asaar ||3||
suinaa rupaa sa(n)cheeai maal jaal ja(n)jaal ||
sabh jag meh dhohee fereeaai bin naavai sir kaal ||
pi(n)dd paRai jeeau khelasee badhafailee kiaa haal ||4||
putaa dhekh vigaseeai naaree sej bhataar ||
choaa cha(n)dhan laieeai kaapaR roop seegaar ||
kehoo kehe ralaieeai chhodd chalai ghar baar ||5||
mahar malook kahaieeai raajaa raau k khaan ||
chaudharee raau sadhaieeai jal baleeai abhimaan ||
manmukh naam visaariaa jiau ddav dhadhaa kaan ||6||
haumai kar kar jaisee jo aaiaa jag maeh ||
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gur raakhe se niramale sabadh nivaaree bhaeh ||7||
naanak tareeai sach naam sir saahaa paatisaahu ||
mai har naam na veesarai har naam ratan vesaahu ||
manmukh bhaujal pach mue gurmukh tare athaahu ||8||16||

Summary: There are no shortcuts to achieving real success or meaningful inner transformation. Lasting results cannot be achieved through superficial rituals or borrowed insights; real change comes from inner effort and experiential learning. External actions without inner alignment remain hollow; no matter how impressive they may appear, they are like planting seeds on barren ground—nothing meaningful can take root. Awareness develops gradually and requires patience, sincerity, and steadiness; however, the ego often resists these qualities, demanding quick rewards and instant recognition. Transformation is a journey that cannot be rushed; it unfolds like the growth of a tree evolving through both uplifting and challenging seasons, where each step must be authentically experienced. The value of external practices lies in their ability to reflect a

genuine inner shift. Enduring fulfilment emerges from walking the inward path with honesty, humility, and the courage to evolve from within.

ddoo(n)gar dhekh ddaraavano peieeaRai ddareeaas ||

The mountain looks terrifying; climbing it appears frightening. This captures the fear of stepping out of our comfort zone to embrace new perspectives, often leaving us feeling unsettled when we approach them with apprehension.

uoochau parabat gaakhaRo naa pauRee tit taas ||

The mountain stands tall and steep, offering no ladder to reach the top. This represents that success does not come with shortcuts; the journey towards truth and transformation demands inner strength rather than superficial rituals.

gurmukh a(n)tar jaaniaa gur melee tareeaas ||1||

The wise, aligned with wisdom, understand that the essence gained from wisdom allows them to transcend. This emphasizes that realization and humility pave the way for insights that dispel ignorance. (1)

bhaiee re bhavajal bikham ddaraa(n)au ||

O fellow being, the ocean of existence is arduous; it intimidates. It serves as a reminder that life can feel unpredictable, overwhelming, and directionless without inner clarity.

pooraa satigur ras milai gur taare har naau ||1|| rahaau ||

Wholesome, truthful insights provide blissfulness; their essence becomes spiritually liberating when reflected upon with oneness. This emphasizes that wisdom and contemplation rooted in truth help navigate chaos and fear. (1)(Pause)

chala chala je karee jaanaa chalanahaar ||

If we lament that everyone is leaving, we must remember that all who come must eventually go; this is a reminder to accept our mortality gracefully.

jo aaiia so chalasee amaru su gur karataar ||

Those who come must inevitably depart; the eternal embodies the essence of the all-encompassing creative energy. This perspective inspires us to look beyond life's fleeting moments and seek a deeper connection with our unchanging consciousness beyond death.

bhee sachaa saalaahanaa sachai thaanaa pjaar ||2||

We still value this truth, as we are enamoured with the idea of a realm of reality. This reflects our attachment to what is deemed truthful rather than embodying the truth itself. (2)

dhar ghar mahalaa sohane pake koT hazaar ||

Magnificent doors, houses, palaces, and numerous strong fortresses, this line serves as a reminder that even the grandest achievements are impermanent.

hasatee ghoRe paakhare lasakar lakh apaar ||

Elephants, horses, adorned, and armies beyond count, this prompts us to reflect on whether the external strength and authority we believe will guard us against the degradation of our character.

kis hee naal na chaliaa khap khap mue asaar ||3||

Nothing goes along when we depart; we exhaust and perish, without having achieved a lasting result. This reflects our endless efforts for things that cannot accompany us, ultimately leaving us feeling unfulfilled. (3)

suinaa rupaa sa(n)cheeaaai maal jaal ja(n)jaal ||

We accumulate gold and silver, this wealth, traps us in entanglements. This serves as a cautionary reminder that accumulation creates attachment, weaving a web that ensnares the mind instead of liberating it.

sabh jag meh dhohee fereaaai bin naavai sir kaal ||

You may announce yourself to the world, but without deep reflection, it is difficult to understand that death is always looming. This emphasizes how the world creates an illusion, leading us to believe that wealth and status can provide safety or meaning.

pi(n)dd paRai jeeau khelasee badhafailee kiaa haal ||4||

When our body embraces goodness, our conscience celebrates; what then will our state be if we engage in unrighteous actions? This raises a crucial question about our behaviors and reflects that our choices today can help us avoid regret tomorrow. (4)

putaa dhekh vigaseeaaai naaree sej bhataar ||

Watching our children brings us joy, and we find happiness in our marital life. This serves as a reminder of the universal truth that what we cherish today may be gone tomorrow.

choaa cha(n)dhan laieeaaai kaapaR roop seegaar ||

We anoint ourselves with perfume, wear fine clothes, and decorate our appearance. This serves as a reminder that merely grooming the outside doesn't always reflect inner peace.

khehoo kheh ralaieeaaai chhodd chalai ghar baar ||5||

Everything ultimately returns to dust, and we must part from our homes and cherished ones. This is the eternal truth that letting go with love is the only lasting preparation, as nothing tangible can be held forever. (5)

mahar malook kahaieeaaai raajaa raau k khaan ||

We may hold titles such as chief, king, emperor, monarch, or lord; this serves as a reminder that status and power are meaningless, as they ultimately dissolve in the face of death.

chaudhree raau sadhaieeaaai jal baleeaaai abhimaan ||

We may hold the title of chief or a noble, but pride burns and consumes us like fire. This illustrates that the ego is the greatest enemy of our conscience; it devours us with pride and duality.

manmukh naam visaariaa jiau ddav dhadhaa kaan ||6||

The self-centred forgot the importance of self-reflection, just as a forest fire engulfs dry straw. This reflects the demerit of ego, which leads to ignorance, depletes our inner values, and leaves us spiritually empty. (6)

haumai kar kar jaisee jo aaiaa jag maeh ||

Those who indulge their ego while interacting with the world perish spiritually. This observation reflects how self-importance often replaces true purpose and fails to offer lasting benefits.

sabh jag kaajal koThaRee tan man dheh suaah ||

The entire world resembles a soot-filled chamber, where both body and mind are tainted black to ashes. This metaphor illustrates a mindset that perceives negativity in everything, leading the mind and body to experience distress.

gur raakhe se niramale sabadh nivaaree bhaeh ||7||

Those who hold the essence of wisdom have clarity of spiritual insight that extinguishes their inner turmoil. (7)

naanak tareeaaai sach naam sir saahaa paatisaahu ||

Nanak says, the worldly ocean of illusion can be crossed through truthful contemplation, a virtue referred to as the supreme sovereign, a quality that stands above all.

mai har naam na veesarai har naam ratan vesaahu ||

May I never forget to reflect on oneness and invest the priceless jewel of contemplation in unity. This reinforces the powerful attribute of critical thinking, enabling one to understand the fundamental truth of the oneness of creation.

manmukh bhaujal pach mue gurmukh tare athaahu ||8||16||

The ego-centred perish in the terrifying ocean, while those who align with wisdom, the wise, cross the incomprehensible. This reflects how our character defines our state of mind. (8)(16)

Essence: Guru Nanak presents an introspective question that challenges us to awaken the depths of our conscience. When goodness resides within us, our conscience naturally experiences joy and peace. So, what does that say about the state of unrighteous actions? This question raises an inquiry about the essence of unrighteous actions and their implications for our inner lives. It encourages us to reflect deeply on our own thoughts and actions rather than expecting a straightforward answer. The insightful contrast he presents emphasizes that virtue promotes clarity and happiness, while wrongdoing, which may seem tempting or beneficial at first, ultimately leads to inner turmoil, conflict, and a decline in our spiritual well-being. He reminds us that our conscience is keenly aware of our intentions.

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