

Guru Nanak – Sabad 94
aape khasam nivaajiaa ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 72

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jeeau pi(n)dd dhe saajiaa ||
aapane sevak kee paj rakhecaa dhui kar masatak dhaar jeeau ||16||
sabh sa(n)jam rahe siaanapaa ||
meraa prabh sabh kichh jaanadhaa ||
pragaT prataap varataio sabh lok karai jaikaar jeeau ||17||
mere gun avagan na beechariaa ||
prabh apanaa biradh samaariaa ||
ka(n)Th lai kai rakhion lagai na tatee vaau jeeau ||18||
mai man tan prabhoo dhiaaiaa ||
jeei ichhiaRaa fal paiaa ||
sach paatisach sir khasam too(n) jap naanak jeevai naau jeeau ||19||

Summary: A profound shift in perspective occurs when we recognise existence as a vibrant, continuous flow energised by consciousness, rather than merely a collection of isolated identities. Consciousness permeates everything, visible and subtle alike. Each form, thought, and movement arises as a distinct expression of this shared awareness. Diversity, from this perspective, does not signify division but reflects the many ways consciousness manifests itself. What appears fragmented is held together by an unseen coherence. Recognising this blurs the boundaries between self and world, fostering respect for all forms of existence and acknowledging their inherent awareness and value. By sensing consciousness as the common thread, we can experience the entirety of existence as a vibrant, interconnected, living whole.

aape khasam nivaajiaa ||

The beloved itself has bestowed honour; this suggests that recognition and dignity arise from one's conscience rather than from any external source.

jeeau pi(n)dd dhe saajiaa ||

Life takes shape in a physical form; this highlights the essence of existence, and embracing this mystery with humility fosters enjoyment.

aapane sevak kee paj rakhecaa dhui kar masatak dhaar jeeau ||16||

Humility in one's conscience can maintain inner dignity when embraced wholeheartedly, like the gesture of placing both hands on one's forehead in blessing. (16)

sabh sa(n)jam rahe siaanapaa ||

All forms of self-restraint can remain a clever intellect. This highlights the limitations of mere mental and physical controls; genuine awareness emerges from a deep connection with experiential wisdom.

meraa prabh sabh kichh jaanadhaa ||

My all-encompassing beloved consciousness understands everything. This refers to our conscience, which is aware of our intentions; it requires just a moment of self-reflection for clarity to emerge.

pragaT prataap varataio sabh lok karai jaikaar jeeau ||17||

A vibrant radiance unfolds, and every element of existence celebrates its essence as a life-form. This endorses the idea that every facet, tangible or intangible, is a unique manifestation of a singular source. (17)

mere gun avagan na beechaariaa ||

My virtues or faults are not dwelt upon. This suggests the need for a judgment-free space that fosters self-reflection, ultimately benefiting both the individual and those around them.

prabh apanaa biradh samaariaa ||

The all-pervading presence remembers its own nature; this highlights that graciousness arises from recognizing one's inherent worth rather than seeking validation from outside sources.

ka(n)Th lai kai rakhion lagai na tatee vaau jeeau ||18||

It embraced me tightly, protecting me from the scorching winds. This represents a deep understanding, in which our vulnerabilities are shielded by wisdom and compassion rather than by criticism and scepticism. (18)

mai man tan prabhoo dhiaaiaa ||

With both mind and body, I embraced the unity of creation. This indicates a holistic attentiveness, seamlessly blending thought and action.

jeei ichhiaRaa fal paiaa ||

What one desires eventually bears fruit; this signifies that when each action aligns with intention, life takes its course accordingly.

saeh paatisaeh sir khasam too(n) jap naanak jeevai naau jeeau ||19||

You are the supreme ruler above all others; a beloved master, Nanak says, he remains alive through contemplation. This acknowledges that the all-pervading consciousness can be recognized as the fundamental authority through mindfulness. (19)

Essence: Guru Nanak powerfully conveys that true inner strength emerges when we choose to embrace wisdom and compassion alongside our vulnerabilities, rather than letting suspicion, judgment, or doubt take hold. By fostering this awareness, we can transform our strengths and weaknesses into valuable insights, rather than allowing them to be points of pride or shame. Wisdom grants us essential perspective, and compassion creates a safe space for growth, urging us to engage in meaningful reflection. This nurturing approach is key to living a spiritually vibrant life.

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