

Guru Nanak – Sabad 95
tudh aape aap upaiaa ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 73

tudh aape aap upaiaa ||
dhoojaa khel kar dhikhalaiaa ||
sabh sacho sach varatadhaa jis bhaavai tisai bujhai jeeau ||20||
gur parasaadhee paiaa ||
tithai maiaa moh chukaiaa ||
kirapaa kar kai aapanee aape le samai jeeau ||21||
gopee nai goaaleeaa ||
tudh aape goi uThaaleeaa ||
hukamee bhaa(n)dde saajiaa too(n) aape bha(n)n savaar jeeau ||22||
jin satigur siau chit laiaa ||
tinee dhoojaa bhaau chukaiaa ||
niramal jot tin praaneeaa oi chale janam savaar jeeau ||23||
tereeaa sadhaa sadhaa cha(n)giaaieeaa ||
mai raat dhihai vaddiaaieeaa(n) ||
anama(n)giaa dhaan dhevanaa kahu naanak sach samaal jeeau ||24||1||

Summary: “You” represents not a singular personality, name, or role, but the all-encompassing awareness from which every experience emerges. This profound consciousness exists before any thought and persists after thoughts fade. It is not limited to any specific location or form; instead, it flows through every aspect of existence, with individual selves serving as unique expressions of this awareness. Our perception is, in essence, consciousness becoming aware of itself through sustained attention. The illusion of separation occurs when our focus narrows down to the ego. Conversely, as awareness expands, boundaries naturally dissolve. By recognizing “You” as this fundamental and pervasive consciousness, we come to understand existence as one continuous, living presence expressing itself through diversity.

tudh aape aap upaiaa ||

You yourself created yourself. This highlights the fact that our thoughts shape the quality of our lives, making our illusory identity.

dhoojaa khel kar dhikhalaiaa ||

You developed and showcased the play of duality. This demonstrates that multiplicity is a creative process, allowing a tapestry of contrasting experiences to bring purpose and novelty to life.

sabh sach sach varatadhaa jis bhaavai tisai bujhai jeeau ||20||

In all, the reality of the omnipresent truth prevails; those who earnestly seek it find its understanding; this presents the essence of creation, which remains consistent, but its recognition depends on inner readiness and openness. (20)

gur parasaadhee paiaa ||

The essence of wisdom provides the grace to attain it; this suggests that gaining clarity empowers one to embrace reality.

tithai maiaa moh chukaiaa ||

There, attachment to illusion fades away; this marks a transformative state where the compulsive obsessions that once held significance start to dissolve.

kirapaa kar kai aapanee aape le samai jeeau ||21||

In kindness towards yourself, you can absorb yourself in coherence. This reveals that integration occurs without resistance when unity becomes a way of belonging. (21)

gopee nai goaaleeaa ||

You are the milkmaid, the river and the herdsman. This metaphor highlights the significance of acknowledging our interconnectedness, allowing us to integrate our fragmented identities and foster universal harmony.

tudh aape goi uThaaleeaa ||

You yourself lifted the mountain; this proclamation suggests that a singular, sustaining awareness upholds all roles and manifestations.

hukamee bhaa(n)dde saajiaa too(n) aape bha(n)n savaar jeeau ||22||

By the laws of nature, a life form is shaped much like a clay pot; you yourself can destroy it or enhance it. This statement highlights the importance of free will within universal laws, suggesting that we can make our existence meaningful or meaningless. (22)

jin satigur siau chit laiaa ||

Those who focus their conscience on the true essence of wisdom remind us that attention aligned with inner clarity can be a pivotal moment of growth in their lives.

tinee dhoojaa bhaau chukaiaa ||

They release attachment to otherness. This reveals those rooted in oneness; their inclination towards duality diminishes, and their conscience holds unity.

niramal jot tin praaneeaa oi chale janam savaar jeeau ||23||

The purity of intent resides within such individuals; they navigate life by constantly evolving. This inner clarity elevates the quality of their experiences, infusing their journey with purpose and coherence. (23)

tereeaa sadhaa sadhaa cha(n)giaaieeaa ||

Your virtues endure through time; this demonstrates that righteousness is not merely a moral obligation but rather a fundamental way of existing.

mai raat dhihai vaddiaaieeaa(n) ||

I continuously sing your greatness, day and night. This demonstrates that when we truly experience unity in creation, our gratitude flows endlessly through our actions.

anama(n)giaa dhaan dhevanaa kahu naanak sach samaal jeeau ||24||1||

Unasked bounties are provided, Nanak says, let the mind remember this truth. This urges us to reflect on the reality that nature provides fundamental sustenance for life without our demand. (24)(1)

Essence: Guru Nanak reminds us that nature's gifts come to us unconditionally; breath, light, water, and rhythm are provided without request or expectation. This generosity reveals a selfless order that sustains life, in contrast to human systems rooted in exchange and possession. Nature gives not out of obligation but from its essence of giving, inviting us to participate rather than compete. Recognizing this truth shifts our responsibility from entitlement to stewardship. The abundance we receive calls for thoughtful restraint, not mindless consumption. By appreciating these unrequested gifts, we connect with an ethic grounded in belonging rather than obligation.

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