

Bhai Mardana - Sabad 1
kal kalavaalee kaam madh manooaa peevanahaar ||
Raag Bihagra, Bhai Mardana, Guru Granth Sahib, 553

kal kalavaalee kaam madh manooaa peevanahaar ||
karodh kaToree moh bharee peelaavaa aha(n)kaar ||
majalas kooRe lab kee pee pee hoi khuaar ||
karanee laahan sat guR sach saraa kar saar ||
gun ma(n)dde kar seel ghiau saram maas aahaar ||
gurmukh paieeai naanakaa khaadhai jaeh bikaar ||1||

Summary: Anger arises from a strong attachment to our desires and a fragile sense of self. When these desires are challenged, our ego reacts defensively, trying to assert its worth and power. This defensive reaction can escalate into anger, resulting in destructive behaviors that negatively affect our actions and character. By cultivating awareness and understanding, we can break this cycle.

kal kalavaalee kaam madh manooaa peevanahaar ||
Negativity serves as a vessel that accumulates unchecked desires, which act as intoxicants consumed by the mind.

karodh kaToree moh bharee peelaavaa aha(n)kaar ||
Anger can be likened to a cup; when it overflows with attachments, it feeds the ego.

majalas kooRe lab kee pee pee hoi khuaar ||
In the company of deception and greed, indulging in these vices repeatedly guarantees one's downfall.

karanee laahan sat guR sach saraa kar saar ||
When actions work like a distillery and truthfulness functions like molasses, they create genuine produce. This implies that introspection can result in truthfulness and create authentic outcomes.

gun ma(n)dde kar seel ghiau saram maas aahaar ||
Relish virtues like savoring bread, share good deeds generously like spreading butter, and value modesty as essential nourishment.

gurmukh paieeaaai naanakaa khaadhai jaeh bikaar ||1||

Nanak, individuals inclined towards gaining wisdom cultivate qualities that eliminate negativity from their minds. (1)

Essence: Bhai Mardana, using metaphor, explains how to eliminate negativity from our minds. He implies that reflecting on our actions helps us uncover the layers of conditioning that shape who we are. Introspection brings us closer to our true selves and encourages us to examine our egos to cultivate qualities that eliminate negativity from our minds. Through this process, we can align our actions with our core values, leading to more fulfilling and genuine outcomes in every aspect of life.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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