

Guru Nanak - Sabad 10
suniaai sidh peer sur naath
Jap, Guru Nanak, Guru Granth Sahib, 2

suniaai sidh peer sur naath ||
suniaai dharat dhaval aakaas ||
suniaai deep loa paataal ||
suniaai poh na sakai kaal ||
naanak bhagtaa sadaa vigaas ||
suniaai dookh paap kaa naas ||8||

Summary: Listening is powerful when complimented with the ability to assimilate and introspect. This attribute embodies all senses, providing the opening for communion from the deepest level of humanity, creating a positive union with the surroundings.

suniaai sidh peer sur naath ||
Minding the knowledge of the exalted beings such as the occult proficient, spiritually enlightened, celestial deities and nomad ascetics.

suniaai dharat dhaval aakaas ||
Understanding the functions of the earth, the invisible force that holds the elements together, and the space of the cosmos.

suniaai deep loa paataal ||
Comprehending the notions of paradise and nether world.

suniaai poh na sakai kaal ||
Assimilating such learning negates negative thoughts.

naanak bhagtaa sadaa vigaas ||
Nanak says those who are devoted to acquiring wisdom are always in a state of bliss.

suniaai dookh paap kaa naas ||8||
Imbibing such practices, the pain of negativity gets eradicated. (8)

Essence: Guru Nanak says knowledge is the foundation on which perspectives are built. Wisdom is the application and discernment of perspectives that determine a level of awareness that transcends negativity to positivity.

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