

Guru Nanak – Sabad 100
pahilai paharai rain kai vanajaariaa mitraa baalak budh achet ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 75

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kheer peeaai khelaieeaaai vanajaariaa mitraa maat pitaa sut het ||
maat pitaa sut neh ghaneraa maiaa moh sabaiee ||
sa(n)jogee aaiaa kirat kamaiaa karanee kaar karaiee ||
raam naam bin mukat na hoiee booddee dhoojai het ||
kahu naanak praanee pahilai paharai chhooTahigaa har chet ||1||

Summary: Life begins in a state of pure innocence and openness, where awareness flows freely without the constraints of beliefs, habits, or a defined identity. In this untouched realm, we are liberated from the weight of expectations, fears, and comparisons, allowing us to embrace life wholeheartedly. Devoid of judgment or preference, only a genuine presence exists. However, conditioning can gradually seep in through various influences, causing what was once untainted to begin taking shape as duality. By recalling our original state of being, we can regain our union with our true essence.

pahilai paharai rain kai vanajaariaa mitraa baalak budh achet ||

In the first phase of life, O trader friend, the intellect is like that of a child naïve and unaware. The “trader friend” reflects awareness, and the first watch of the night symbolizes the beginning of life, innocent and pure, untainted by external conditioning.

kheer peeaai khelaieeaaai vanajaariaa mitraa maat pitaa sut het ||

Feeding rice pudding and playing with affection, O trader friend, mother and father in affection with their child, nurture it. This act symbolises that love is instinctive and unconditional, reflecting how existence sustains through the cycle of giving and receiving.

maat pitaa sut neh ghaneraa maiaa moh sabaiee ||

A mother and father's affection for their child is immense; all this is attachment to worldly illusion. This symbolizes the onset of delusions, where the comfort of emotional bonds diverts from the understanding of actual reality.

sa(n)jogee aaiaa kirat kamaiaa karanee kaar karaiee ||

The union of natural forces gives rise to life, it acquires a mode of living, and engages in actions influenced by its inherent nature. This demonstrates the law of cause and effect, where nature establishes the framework, while behaviour shapes our path forward.

raam naam bin mukat na hoiee booddee dhoojai het ||

Without contemplating the all-pervading oneness, there can be no liberation from the mind that is attached to duality.

kahu naanak praanee pahilai paharai chhooTahigaa har chet ||1||

Nanak says that human beings, even from the earliest phase of life, can achieve liberation by remembering the all-pervading oneness. This emphasizes that awareness arises from the awakening of our conscience rather than from physical growth. (1)

Essence: Guru Nanak highlights that awareness isn't merely a product of physical growth; it stems from the awakening of our conscience. This inner awakening empowers us to recognize the purity of embodying oneness. In this state, we begin to turn our attention inward, allowing us to uncover and let go of the patterns that hinder our experience of the serenity found in childlike innocence. Through this revelation, the mind distances itself from ignorance, creating the opportunity for conscious choices that nurture our innate nature.

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

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