

Guru Nanak – Sabad 104

**oRak aaiaa tin saahiaa vanajaariaa mitraa jar jaravaanaa ka(n)n ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 76**

oRak aaiaa tin saahiaa vanajaariaa mitraa jar jaravaanaa ka(n)n ||
eik ratee gun na samaaniaa vanajaariaa mitraa avagan khaRasan ba(n)n ||
gun sa(n)jam jaavai choT na khaavai naa tis ja(n)man maranaa ||
kaal jaal jam joh na saakai bhai bhagat bhai taranaa ||
pat setee jaavai sahaj samaavai sagale dhookh miTaavai ||
kahu naanak praanee gurmukh chhooTai saache te pat paavai ||5||2||

Summary: Reflecting on one's shortcomings is a powerful and respectful act that directs our focus inward without defensiveness. Instead of judging ourselves or justifying our actions, this honest self-examination reveals the patterns that influence our behaviour, and they begin to loosen their grip. In this state of openness, we can recognize our limitations, which allow self-development to emerge naturally. By embracing learning rather than avoidance, we pave the way for intentional growth rather than leaving it to chance. This kind of reflection fosters deeper maturity by aligning our awareness with our actions. When we confront ourselves with clarity, free from fear or denial, we unlock the pathway to meaningful and lasting change.

oRak aaiaa tin saahiaa vanajaariaa mitraa jar jaravaanaa ka(n)n ||
The limit of the breath has arrived, O trader friend, and the overpowering force of age stands upon the shoulder. The trader friend represents the eternal truth of physical life's unavoidable end, inspiring us to embrace every phase with purpose and passion.

eik ratee gun na samaaniaa vanajaariaa mitraa avagan khaRasan ba(n)n ||
An iota for virtue was not embodied, O trader friend, and negativities bound the conscience. This reflects a life lived without reflecting on one's shortcomings, which often ties us to a sense of dissatisfaction.

gun sa(n)jam jaavai choT na khaavai naa tis ja(n)man maranaa ||
Through self-discipline and virtue, the ego diminishes; one does not stumble and transcends the notion of birth and death. This reflects a balanced mind that surpasses dualities and rises above the confusion of hope and despair.

kaal jaal jam joh na saakai bhai bhagat bhai taranaa ||
The constraints of time and destruction hold no power over us; with unwavering intentions, we can rise above fear. This reveals that when our conscience harmonizes with the concept of eternal oneness, the worries about mortality begin to vanish.

pat setee jaavai sahaj samaavai sagale dhookh miTaavai ||

Through credibility, the ego diminishes, and the self effortlessly merges into the natural state of equipoise, alleviating all forms of suffering. This transformation unveils the tranquillity found in reintegration with our innate qualities.

kahu naanak praanee gurmukh chhooTai saache te pat paavai ||5||2||

Nanak says, O human beings, those who align themselves with wisdom can achieve liberation and discover reality through integrity. This highlights an essential truth that it is never too late to engage in self-reflection and awaken your awareness. (5)(2)

Essence: Guru Nanak presents an essential truth that it is never too late to seek wisdom. By shifting our focus from material possessions to the quality of our character, we open ourselves up to greater awareness. Those who ignore this crucial virtue risk becoming trapped by their own choices and actions. Conversely, those who embrace love and unity can find freedom from the fears of life and death. The guiding principle on this transformative journey is inner wisdom, awakened through a clear conscience that recognizes our collective oneness.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com