

Guru Nanak – Sabad 105
dhaatee saahib sa(n)dheaaa kiaa chalai tis naal ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 83

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eik jaaga(n)dhe naa laha(n)n ikanaa sutiaa dheu uThaal ||1||

Summary: Aggressive seeking can be limiting because it can put the mind in a constant state of pressure to attain specific goals. This forceful pursuit of understanding tends to narrow focus, leading the mind to seek confirmation rather than insight. In this state of restriction, we can overlook genuine subtle signals. The relentless drive to find answers keeps awareness outward and restless, and the effort can overtake active comprehension. Instead of allowing understanding to develop naturally, the mind attempts to seize it, creating a feeling of separation between the seeker and the sought. When we ease this effort, our perception expands, and with that openness, clarity unfolds naturally, receptive to the intuitive voice.

dhaatee saahib sa(n)dheaaa kiaa chalai tis naal ||

The provider of all resources is the sovereign and all-pervading source. So, what can you carry with you that truly belongs to you? This suggests that what nature offers is a universal flow that can only be experienced or participated in; it is the ego that mistakenly believes it can control or own these resources.

eik jaaga(n)dhe naa laha(n)n ikanaa sutiaa dheu uThaal ||1||

Some remain awake yet are unable to attain understanding, while for others, attaining awareness awakens them from their slumber. This text reflects the contrasting states of realization; those with ego remain oblivious, while the humble achieve enlightenment. (1)

Essence: Guru Nanak highlights the significant difference between our two inner states. When ego dominates, our focus remains centred on ourselves, which can limit our understanding and awareness. In contrast, cultivating humility can reduce self-centeredness, allowing our perceptions to expand. This openness replaces defensiveness, enabling insights to arise not from a position of superiority but from genuine receptivity, which leads to clarity.

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

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