

Guru Nanak – Sabad 107
fakaR jaatee fakaR naau ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 83

fakaR jaatee fakaR naau ||
sabhanaa jeeaa ikaa chhaau ||
aapahu je ko bhalaa kahaae ||
naanak taa par jaapai jaa pat lekhai paae ||1||

Summary: Beneath the multitude of forms and differences lies a profound unity, a quiet force that nurtures all of life without bias. It supports everything equally, free from judgment or hierarchy. When we grasp this truth, the chains of comparison and competition begin to dissolve. The sense of separation melts away, revealing a deep sense of shared belonging. Rather than striving to rise above others, we embrace the beauty of living in harmony with them. From this awareness, compassion naturally flourishes, guiding us toward a more connected and fulfilling existence.

fakaR jaatee fakaR naau ||

Social status is inconsequential, and identity is meaningless. This suggests that the ego's reliance on external labels to define worth is a misguided pursuit that overshadows the deeper reality of our existence.

sabhanaa jeeaa ikaa chhaau ||

All living beings share a single shadow, this symbolizes the profound equality and interconnectedness of all existence, rooted in a shared, omnipresent source.

aapahu je ko bhalaa kahaae ||

If one calls oneself virtuous, this claim reflects the ego's quest for validation through hierarchies rather than genuine merit.

naanak taa par jaapai jaa pat lekhai paae ||1||

Nanak says that worth is recognised when credibility is accounted for and embraced within one's conscience. This highlights the understanding that value lies in a sense of integrity that requires no external validation. (1)

Essence: Guru Nanak questions the very idea of hierarchy and inherited superiority, pointing out that in the realm of truth, no one stands above another. Value is not something to be asserted through status or identity; it is shaped through integrity and attunement to the more profound unity that underlies all existence. When this alignment is sincere, worth becomes evident without proclamation. The emphasis is not on proving oneself, but on becoming inwardly refined. Transformation, not display, gives life its meaning. In living this way,

compassion naturally replaces comparison. Unity is no longer an idea, but a quality expressed through one's actions.

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

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