

Guru Nanak – Sabad 108
kudharat kar kai vasiaa soi ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 83

kudharat kar kai vasiaa soi ||
vakhat veechaare su ba(n)dhaa hoi ||
kudharat hai keemat nahee pai ||
jaa keemat pai ta kahee na jai ||
sarai sareeat kareh beechaar ||
bin boojhe kaise paaveh paar ||
sidhak kar sijadhaa man kar makhasoodh ||
jeh dhir dhekhaa teh dhir maujoodh ||1||

Summary: To be truly human means embracing awareness and moving beyond instinct and societal conditioning. It involves pausing, reflecting, and responding intentionally rather than reacting spontaneously. Humanity is defined by understanding, not just intelligence or achievements, but also of our inner states and external circumstances. Being human requires taking responsibility for our actions through attentive introspection. Ultimately, being human is about transforming awareness into ethical and empathetic living, enriching our lives, and strengthening our relationships with others.

kudharat kar kai vasiaa soi ||

Having manifested as creation, the all-pervading source dwells within it. This suggests that the creative principle is not separate from creation but is the pervasive energy vibrating within every form.

vakhat veechaare su ba(n)dhaa hoi ||

Those who contemplate the essence of each moment become truly human. This suggests that being human is not a mere biological entity but an awareness that arises through attentive introspection.

kudharat hai keemat nahee pai ||

Nature that exists has no measurable price or value. This reflects the limitation of our analytical ability to understand the intricacies of the universe.

jaa keemat pai ta kahee na jai ||

Even if one recognizes its value, it cannot be expressed. This suggests that the essence of creation can only be experienced and not truly articulated.

sarai sareeat kareh beechaar ||

Examine the religious codes of conduct and social laws. This illustrates the mind's tendency to replace spiritual insight with rigid dogmas.

bin boojhe kaise paaveh paar ||

Without understanding, how can one transcend? This suggests that awareness cannot arise from religious or social constructs; it can only emerge through insights.

sidhak kar sijadhaa man kar makhasoodh ||

Let trust in sincerity be the bowing in prayer, and may this be the aim of your thoughts. This suggests alignment with humility and integrity to guide our intentions.

jeh dhir dhekhaa teh dhir maujoodh ||1||

In every direction I look, I see the all-pervading presence. This realization marks the end of searching for something external and the awakening of a non-dual perception within. (1)

Essence: Guru Nanak emphasizes the boundless nature of existence and the inherent unity within creation, which cannot be quantified, captured, or expressed in words. While humans often rely on systems, reasoning, and structured approaches to understand life, these methods remain insufficient without an in-depth understanding. The ultimate reality is not found in religious debates or rituals, but in recognizing the omnipresent force in nature. This perspective encourages a shift from mere practices to a state of living faith, where every moment of mindfulness becomes a true expression of prayer.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com