

Guru Nanak - Sabad 11
suniaai ieesar barmaa i(n)d
Jap, Guru Nanak, Guru Granth Sahib, 2

suniaai ieesar barmaa i(n)d ||
suniaai mukh saalaahan ma(n)d ||
suniaai jog jugat tan bhed ||
suniaai saasat simirat ved ||
naanak bhagtaa sadaa vigaas ||
suniaai dookh paap kaa naas ||9||

Summary: Conscientiousness, when supported with mindfulness, creates a realization of the intrinsic human attributes that facilitate awareness of what resides within and outside the body.

suniaai ieesar barmaa i(n)d ||
Through alertness towards innate human attributes, the awareness of the exalted self is attained.

suniaai mukh saalaahan ma(n)d ||
Practicing mindfulness, even those inclined towards negativity appreciate positivity.

suniaai jog jugat tan bhed ||
Observant of our being, the mysteries of the unseen mind and the physical body are inferred.

suniaai saasat simirat ved ||
Discerning the knowledge in the spiritual scriptures, wisdom to be aware is attained.

naanak bhagtaa sadaa vigaas ||
Nanak says those who are devoted to acquiring wisdom are always in a state of bliss.

suniaai dookh paap kaa naas ||9||
Imbibing such practices, the pain of negativity gets irradiated. (9)

Essence: Guru Nanak says that with attentiveness towards self-awareness and devotion to gaining wisdom, one attains the bliss of a mental state of eternal joy.

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com