

Guru Nanak – Sabad 111
kiaa ha(n)s kiaa bagulaa jaa kau nadhar karei ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 91

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jo tis bhaavai naanaka kaagahu ha(n)s karei ||2||

Summary: The transformative potential of the mind emerges when we awaken our awareness from within, helping us to release conditioning and expectations. As we let go of habits and fears that dictate our behaviour, we begin to see things more clearly, freeing ourselves from limiting roles and labels. The urge to imitate others and seek external validation diminishes as we prioritize inner harmony, aligning our actions and conscience with our authentic selves. In this process of awakening, we discover true liberation.

kiaa ha(n)s kiaa bagulaa jaa kau nadhar karei ||
What differentiates a swan from a crane, if conscience embodies grace? This implies that the limitations of past conditioning and external pretences become insignificant when awareness awakens within.

jo tis bhaavai naanaka kaagahu ha(n)s karei ||2||
If there is alignment with the universal order, says Nanak, even a crow can transform into a swan. This highlights our conscience's ability to evolve from negativity to purity through openness, rather than by mere credentials. (2)

Essence: Guru Nanak emphasizes the transformative power of self-awareness. He conveys that by practicing self-awareness and gaining a deep understanding of wisdom, individuals can unlock their true potential. This journey enables even the most conditioned and limited minds to break free from their constraints and rise to an elevated state that fosters purity in thoughts.

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

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