

Guru Nanak - Sabad 12
suniaai sat sa(n)tokh giaan
Jap, Guru Nanak, Guru Granth Sahib, 3

suniaai sat sa(n)tokh giaan ||
suniaai aThsaTh kaa isnaan ||
suniaai paR paR paaveh maan ||
suniaai laagai sahaj dhiaan ||
naanak bhagtaa sadaa vigaas ||
suniaai dookh paap kaa naas ||10||

Summary: Truth is the abode of wisdom, which is indestructible. It is to be in accord with an individual's authentic reality, which cannot be taught but can be learned with self-effort through self-reflection.

suniaai sat sa(n)tokh giaan ||
Accepting the truth, the wisdom to attain contentment is gained.

suniaai aThsaTh kaa isnaan ||
Self-reflection is equivalent to physical cleansing at religious pilgrimages.

suniaai paR paR paaveh maan ||
Imbibing what has been read to gain wisdom gives one the honour of being honoured.

suniaai laagai sahaj dhiaan ||
Attention to mindfulness directs the mind to focus on achieving equipoise.

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 ||10||
By imbibing the mindset to be a listener and a contemplator, the pain of negativity gets irradiated. (10)

Essence: Guru Nanak says attention towards gaining contentment and equipoise is more rewarding than adhering to ritualism or acquiring knowledge.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com