

Guru Nanak - Sabad 13
suniaai sraa gunaa ke gaeh
Jap, Guru Nanak, Guru Granth Sahib, 3

suniaai sraa gunaa ke gaeh ||
suniaai sekh peer paatisaeh ||
suniaai a(n)dhe paaveh raahu ||
suniaai haath hovai asgaahu ||
naanak bhagtaa sadaa vigaas ||
suniaai dhookh paap kaa naas ||11||

Summary: Unconsciously, the human mind longs for that which is limitless, and the intoxicated mind is not coherent enough to comprehend that it is everywhere. Awareness unfurls when wisdom, which is limitless in nature, unravels the truth of Oneness.

suniaai sraa gunaa ke gaeh ||
Observing the three forces of nature - action ('rajas'), inertia ('tamas'), and equipoise ('sattva') - gives insight into existence.

suniaai sekh peer paatisaeh ||
Inspirations from the wisdom of revered beings reveal learnings to introspect for spiritual growth.

suniaai a(n)dhe paaveh raahu ||
Contemplation is the guiding force that shows the path of transformation to the ignorant.

suniaai haath hovai asgaahu ||
Focusing on unfurling the limitlessness in creation, the unachievable can be achieved.

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

suniaai dhookh paap kaa naas ||11||
By imbibing the mindset to be a listener and a contemplator, the pain of negativity gets irradiated. (11)

Essence: Some actions bind, and some liberate, entrapping the mind with the pain of polarities, such as pleasure and pain, good and evil. This dilemma transforms

into equipoise by gaining wisdom of one's own divinity as a part of absolute oneness.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com