

Guru Nanak - Sabad 14
ma(n)ne kee gat kahee na jai
Jap, Guru Nanak, Guru Granth Sahib, 3

ma(n)ne kee gat kahee na jai ||
je ko kahai pichhai pachhulai ||
kaagad kalam na likhanhaar ||
ma(n)ne kaa beh karan veechaar ||
aaisaa naam nira(n)jan hoi ||
je ko ma(n)n jaanai mann koi ||12||

Summary: Acceptance is observing life without resistance and allowing oneself to flow with it unconditionally. The benefits and bliss that it may bring are beyond the realms of expression.

ma(n)ne kee gat kahee na jai ||
Those who practice acceptance cannot express their inner state of being.

je ko kahai pichhai pachhulai ||
If an attempt is made to describe it, it results in disappointment beyond description.

kaagad kalam na likhanhaar ||
If a writer tries to scribe it, no paper and ink would be enough.

ma(n)ne kaa beh karan veechaar ||
Those who practise acceptance amicably initiate dialogue.

aaisaa naam nira(n)jan hoi ||
The existence of such beings is immaculate.

je ko ma(n)n jaanai mann koi ||12||
Those who practice acceptance only are aware of their state of being. (12)

Essence: Guru Nanak says one reaps the benefits of acceptance when every moment is recognized as part of the evolutionary flow. This recognition opens the door for an unrestricted dialogue to assimilate wisdom.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com