

Guru Nanak - Sabad 15
ma(n)nai surat hovai mann budh
Jap, Guru Nanak, Guru Granth Sahib, 3

ma(n)nai surat hovai mann budh ||
ma(n)nai sagal bhavan kee sudh ||
ma(n)nai muh choTaa naa khai ||
ma(n)nai jam kai saath na jai ||
aaisaa naam nira(n)jan hoi ||
je ko ma(n)n jaanai man koi ||13||

Summary: Acceptance is an ongoing process of evolution that affects one's overall well-being and surroundings. It is the foundation of knowing ourselves and the creation.

ma(n)nai surat hovai mann budh ||
Those who comprehend the benefits of acceptance adopt and savour them to gain wisdom.

ma(n)nai sagal bhavan kee sudh ||
Those who adopt acceptance become aware of the essence of the entire creation.

ma(n)nai muh choTaa naa khai ||
Those who adopt acceptance are not affected by adversity and its sufferings.

ma(n)nai jam kai saath na jai ||
Those who adopt acceptance do not associate with death or birth.

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

je ko ma(n)n jaanai man koi ||13||
Those who practice acceptance remain aware of their state of being. (13)

Essence: Guru Nanak says acceptance means allowing thoughts to come and go without getting attached to them.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com