

Guru Nanak - Sabad 16
ma(n)nai maarag Thaak na pai
Jap, Guru Nanak, Guru Granth Sahib, 3

ma(n)nai maarag Thaak na pai ||
ma(n)nai pat siau paragaT jai ||
ma(n)nai mag na chalai pa(n)th ||
ma(n)nai dharam setee sanba(n)dh ||
aaisaa naam nira(n)jan hoi ||
je ko ma(n)n jaanai man koi ||14||

Summary: Acceptance is embracing our limitations and challenges without identifying with them. It empowers us to transcend above and beyond to accept facticity.

ma(n)nai maarag Thaak na pai ||
Those who embrace acceptance overcome obstacles during their life journey.

ma(n)nai pat siau paragaT jai ||
Those who embrace acceptance eventually reveal their own credibility.

ma(n)nai mag na chalai pa(n)th ||
Those who embrace acceptance do not follow any particular religious path.

ma(n)nai dharam setee sanba(n)dh ||
Those who embrace acceptance associate only with righteousness.

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

je ko ma(n)n jaanai man koi ||14||
Those who practice acceptance only are aware of their state of being. (14)

Essence: Guru Nanak states that total acceptance is a spiritual process of accepting the rejection of ritualistic traditions and accepting the rejected societal norms for universal benevolence.

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

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