

Guru Nanak - Sabad 23
teerath tap daiaa dat daan ||
Jap, Guru Nanak, Guru Granth Sahib, 4

teerath tap daiaa dat daan ||
je ko paavai til kaa maan ||
suniaa ma(n)niaa man keetaa bhaau ||
a(n)targat teerath mal naau ||
sabh gun tere mai naahee koi ||
vin gun keete bhagat na hoi ||
suasat aath baanee barmaau ||
sat suhaan sadaa man chaau ||
kavan su velaa vakhat kavan kavan thit kavan vaar ||
kavan su rutee maah kavan jit hoaa aakaar ||
vel na paieaaa pa(n)Datee je hovai lekh puraan ||
vakhat na paio kaadheaaa je likhan lekh kuraan ||
thit vaar naa jogee jaanai rut maahu naa koiee ||
jaa kartaa siraThee kau saaje aape jaanai soiee ||
kiv kar aakhaa kiv saalaahae kiau varanee kiv jaanaa ||
naanak aakhan sabh ko aakhai ik doo ik siaanaa ||
vaDaa saahib vaDee naiee keetaa jaa kaa hovai ||
naanak je ko aapau jaanai agai giaa na sohai ||21||

Summary: To understand the world, the seeker must make an effort to understand oneself. Human senses have the capability to contemplate both the inner self and the external world. However, when the mindset gets fixated, the senses perceive the surroundings only in one way, allowing the external stimulants to control innate awareness. This becomes a perilous path of ignorance. Acknowledging the diverse dimensions as a whole is essential to gaining a complete understanding of Oneness.

teerath tap daiaa dat daan ||

Ritualistic practices such as pilgrimage, austerities, acts of charity, and almsgiving are performed as part of religious adherence.

je ko paavai til kaa maan ||

They provide a temporary sense of satisfaction to the mind, which is not worth even an iota.

suniaa ma(n)niaa man keetaa bhaau ||

Empowering the mind by actively listening, embodying, and introspecting, a deeper understanding is achieved.

a(n)targat teerath mal naau ||

It's like embarking on a pilgrimage of self-reflection, which helps to purify the mind.

sabh gun tere mai naahee koi ||

Surrendering to the reality that all attributes arise from the unseen, all-pervading energy, the ego of false identity vanishes.

vin gun keete bhagat na hoi ||

Without contemplating on the internal and external attributes, one can't be a devoted seeker.

suasat aath baanee barmaau ||

Pay obeysance to the treasures of spiritual wisdom by centering the contemplation on them.

sat suhaan sadaa man chaau ||

Truth is the most virtuous attribute; it always keeps the mind in a state of exultation.

kavan su velaa vakhat kavan kavan thit kavan vaar ||

The time, moment, date, and day are unknown.

kavan su rutee maah kavan jit hoaa aakaar ||

The season and month are unknown when the formless all-pervading consciousness manifested itself as a form.

vel na paieaaa pa(n)Datee je hovai lekh puraana ||

Scholarly priests have not been able to decipher the moment of inception as it is not mentioned in the 'Puraana' (Indic scripture).

vakhat na paio kaadheaaa je likhan lekh kuraan ||

Religious scholars have not been able to decipher it as it is not written in the 'Koran' (Islamic scripture).

thit vaar naa jogee jaanai rut maahu naa koiee ||

The enlightened ascetics are also unaware of the day, week, season, or month of inception.

jaa kartaa siraThee kau saaje aape jaanai soiee ||

The creator, the all-pervading consciousness, is the one who is aware when it manifests itself as the creation.

kiv kar aakhaa kiv saalaahē kiau varanee kiv jaanaa ||
How can one assert, glorify, express, and get acquainted?

naanak aakhan sabh ko aakhai ik doo ik siaanaa ||
Nanak says everyone asserts themselves as more enlightened than the others.

vaDaa saahib vaDee naiee keetaa jaa kaa hovai ||
The supreme greatness is in contemplation as all awareness emanates from it.

naanak je ko aapau jaanai agai giaa na sohai ||21||
Nanak says those who proclaim themselves to be enlightened cannot make any spiritual progress. (21)

Essence: According to Guru Nanak, establishing a connection with contemplation removes doubts, clears misconceptions, and eliminates the alter ego to pave the path to spiritual progress.

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

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