

Guru Nanak - Sabad 3
sochai soch na hoviee je sochee lakh vaar
Jap, Guru Nanak, Guru Granth Sahib, 1

sochai soch na hoviee je sochee lakh vaar ||
chupai chup na hoviee je lai rahaa liv taar ||
bhukhiala bhukh na utaree je ba(n)naa pureeaa bhaar ||
sahas siaanapaa lakh hohe ta ik na chalai naal ||
kiv sachiaaraa hoieeaa ki koorai tuTai paal ||
hukam rajaiee chalanaa naanak likhiala naal ||1||

Summary: Thoughts represent mental cognitions according to one's perception of the surroundings. They create a silent monologue with oneself, entailing a connection between thoughts, feelings, and actions. This connection can have a reaction that is either beneficial or detrimental to universal well-being.

sochai soch na hoviee je sochee lakh vaar ||
The mind, devoid of a permanent entity, identifies itself with multiple fleeting thoughts, which emerge from external stimulants and internal dissatisfaction. This commotion does not allow the mind to transcend to its eternal, pristine state of stillness.

chupai chup na hoviee je lai rahaa liv taar ||
Silence refers to the absence of sound. In a spiritual context, it is an internal dimension rather than an external one. An individual can appear externally quiet but can be fraught with internal noise despite being in silent meditation.

bhukhiala bhukh na utaree je ba(n)naa pureeaa bhaar ||
Worldly illusions arouse desires and insecurities, creating a delusion that material wealth is the path to overall well-being. This misconception leads to hunger to accumulate resources, which never satiates.

sahas siaanapaa lakh hohe ta ik na chalai naal ||
Knowledge refers to the information gathered from various sources that can become a reason for the intellectual ego and a barrier to moving towards gaining awareness of the unseen and unknown.

kiv sachiaaraa hoieeaa ki koorai tuTai paal ||
How can the mind recognize its pristine innate being? How can the barrage of misconceptions be shattered?

hukam rajaiee chalanaa naanak likhiala naal ||1||
According to Nanak, accepting the path of complete harmony with the laws of nature is the ultimate principle of creating a fulfilling self-providence. (1)

Essence: Guru Nanak says those who do not consider themselves separate from the laws of nature rise above ritualistic practices and societal conditioning. They recognize the connection between the cosmic laws and the inherent inner being. Ultimately, they attain the truth, which helps them transcend the unreal state of disharmony to the innate quietude of being One with nature.

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