

Guru Nanak - Sabad 30
mu(n)daa sa(n)tokh saram pat jholee dhiaan kee kareh bibhoot ||
Jap, Guru Nanak, Guru Granth Sahib, 6

mu(n)daa sa(n)tokh saram pat jholee dhiaan kee kareh bibhoot ||
khi(n)thaa kaal kuaaree kaiaa jugat Da(n)Daa parteet ||
aaiee pa(n)thee sagal jamaatee mann jeetai jag jeet ||
aades tisai aades ||
aad aneel anaad anaahat jug jug eko ves ||28||

Summary: Rituals are mere tools for discipline to maintain a social order of meaning, purpose, and value. However, when rituals are tied with myths and become the primary requirement of religious adherence, the mind becomes fearful, devoid of rational thinking that virtues are the primary and only source of attaining enlightenment.

mu(n)daa sa(n)tokh saram pat jholee dhiaan kee kareh bibhoot ||
Symbolically, let contentment be the customary earrings, humility the ceremonial begging bowl, and reflection be the ritualistic application of ash on the body.

khi(n)thaa kaal kuaaree kaiaa jugat Da(n)Daa parteet ||
Let contemplation on creation and destruction be the religious patched coat, modesty in purity of thoughts be the way of life, and faith be the walking stick.

aaiee pa(n)thee sagal jamaatee mann jeetai jag jeet ||
After realizing all of creation as fellow beings, the mind overcomes duality, comparable to conquering the world.

aades tisai aades ||
Respect the will of nature this is the universal law.

aad aneel anaad anaahat jug jug eko ves ||28||
The source, the flawless, the infinite, the eternal, all-pervading unseen energy since time immemorial has been One single primordial entity. (28)

Essence: Guru Nanak says perceiving reality in terms of duality influences the mind, to control our actions. Therefore, it is critical to be aware of oneself and one's surroundings. Being aware is a transformative journey that leads to self-fulfilment and universal well-being. If we can conquer our minds, we can win over worldly illusions to embrace Oneness.

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