

Guru Nanak - Sabad 34
eik doo jeebhau lakh hoh lakh hoveh lakh vees ||
Jap, Guru Nanak, Guru Granth Sahib, 7

eik doo jeebhau lakh hoh lakh hoveh lakh vees ||
lakh lakh geRaa aakhe'eeh ek naam jagdees ||
et raeh pat pavaReeaa chaReeaa hoi ikees ||
sun galaa aakaas kee keeTaa aaiee rees ||
naanak nadaree paieeaa kooRee kooRai Thees ||32||

Summary: Singleness is the fundamental law of the universe, which emphasizes that everything is interconnected beyond our senses. Every thought, action, and event are intertwined

eik doo jeebhau lakh hoh lakh hoveh lakh vees ||
If one tongue multiplies manifold to become innumerable tongues.

lakh lakh geRaa aakhe'eeh ek naam jagdees ||
These innumerable tongues repeatedly mention that the awareness emerges from one singular omnipresent force.

et raeh pat pavaReeaa chaReeaa hoi ikees ||
On this path, one progresses to elevate oneself to honor the interconnectedness of creation.

sun galaa aakaas kee keeTaa aaiee rees ||
Those in a lower state of duality, hearing about the vastness of wholeness, aspire to emulate enlightened beings who have transcended the highest state of unity.

naanak nadaree paieeaa kooRee kooRai Thees ||32||
Nanak says that the realization of Oneness is only possible through the graciousness of self-reflection and that all other endeavors are futile and only lead to false pride. (32)

Essence: Guru Nanak says if one does not grace oneself with the humble attribute of self-reflection, then all other efforts to understand the essence of creation are futile, as the ego of 'I' over 'us' hinders the ability to recognize the truth of Oneness in creation.

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

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