

Guru Nanak - Sabad 35
aakhan jor chupai neh jor ||
Jap, Guru Nanak, Guru Granth Sahib, 7

aakhan jor chupai neh jor ||
jor na ma(n)gan den na jor ||
jor na jeevan maran neh jor ||
jor na raaj maal mann sor ||
jor na suratee giaan veechaar ||
jor na jugatee chhuTai sa(n)saar ||
jis hath jor kar vekhai soi ||
naanak utam neech na koi ||33||

Summary: The true power of wisdom comes in knowing you know nothing. This involves training the mind to detach from specific forms or thoughts by negating their importance. It is an exercise to recognize the difference between the illusionary perceptions created by external stimulations and the ultimate reality of our inherent omnipresent awareness.

aakhan jor chupai neh jor ||
There is no power in giving sermons and no power in remaining silent.

jor na ma(n)gan den na jor ||
There is no power in talking alms and no power in giving donations.

jor na jeevan maran neh jor ||
There is no power in being a householder and no power in being an ascetic.

jor na raaj maal mann sor ||
There is no power to be a ruler, own wealth, or acquire occult powers.

jor na suratee giaan veechaar ||
There is no power in acquiring knowledge and having dialogues on spiritual scriptures.

jor na jugatee chhuTai sa(n)saar ||
There is no power in knowing the ways to attain salvation.

jis hath jor kar vekhai soi ||
The one holding the power is the one who practices self-reflection.

naanak utam neech na koi ||33||
Nanak says the one who does not judge anyone as superior or inferior is powerful.
(33)

Essence: Guru Nanak states that contemplation and self-actualization are the most powerful attributes, transcending the duality of superiority and inferiority.

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

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