

Guru Nanak - Sabad 36
raatee rutee thitee vaar ||
Jap, Guru Nanak, Guru Granth Sahib, 7

raatee rutee thitee vaar ||
pavan paanee aganee paataal ||
tis vich dhartee thaap rakhee dharam saal ||
tis vich jeeaa jugat ke ra(n)g ||
tin ke naam anek ana(n)t ||
karmee karmee hoi veechaar ||
sachaa aap sachaa darbaar ||
tithai sohan pa(n)ch parvaan ||
nadaree karam pavai neesaan ||
kach pakaiee othai pai ||
naanak giaa jaapai jai ||34||

Summary: The diversity of nature collaborates to support the functioning of the world. Although distinct in their characteristics, they are connected at their core, constituting the same five essential elements. When they work together with righteous intent, they create harmony.

raatee rutee thitee vaar ||
Night, seasons, day and weeks,

pavan paanee aganee paataal ||
air, water, fire, and nether region,

tis vich dhartee thaap rakhee dharam saal ||
all these elements facilitating the functioning of the world operate harmoniously in the realm of righteousness.

tis vich jeeaa jugat ke ra(n)g ||
The world constitutes diverse beings who have their diverse way of life.

tin ke naam anek ana(n)t ||
This diversity is with innumerable different identities

karmee karmee hoi veechaar ||
which deliberate according to their actions and deeds.

sachaa aap sachaa darbaar ||
Clear consciousness seeks truthful congregations.

tithai sohan pa(n)ch parvaan ||

The magnificent beings that express themselves are a composite of five elements.

nadaree karam pavai neesaan ||

According to one's actions, one gets identified.

kach pakaiee othai pai ||

Through reflections on one's actions the fragile mind gains spiritual strength.

naanak giaa jaapai jai ||34||

Nanak discerns that self-reflection is the path to attain liberation. (34)

Essence: Guru Nanak says self-reflection and understanding our true spiritual nature is the first step to attaining wisdom. Seeing ourselves as part of a larger, interconnected cosmic fabric makes our actions benevolent, leading to spiritual strength.

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

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