

Guru Nanak - Sabad 39
karam kha(n)D kee baanee jor ||
Jap, Guru Nanak, Guru Granth Sahib, 8

karam kha(n)D kee baanee jor ||
tithai hor na koiee hor ||
tithai jodh mahaabal soor ||
tin meh raam rahiaa bharpoor ||
tithai seeto seetaa mahimaa maeh ||
taa ke roop na kathane jaeh ||
naa oh mareh na Thaage jaeh ||
jin kai raam vasai man maeh ||
tithai bhagat vaseh ke loa ||
kareh ana(n)d sachaa mann soi ||
sach kha(n)dd vasai nira(n)kaar ||
kar kar vekhai nadar nihaal ||
tithai kha(n)dd ma(n)Dal varabha(n)D ||
je ko kathai taa a(n)t na a(n)t ||
tithai loa loa aakaar ||
jiv jiv hukam tivai tiv kaar ||
vekhai vigasai kar veechaar ||
naanak kathanaa karaRaa saar ||37||

Summary: Different realms of consciousness are powerful tools for personal transformation and self-realization. Understanding and consciously working through each level can foster a deeper connection with ourselves and others. Our intentions are the driving force behind our actions and their consequences. We create a thought every moment, which arises grace or disgrace within us. Actions stemming from positive thoughts are considered 'Right Actions.' This endeavor means nurturing positive attributes that grace universal well-being.

karam kha(n)D kee baanee jor ||
In the realm of action, positive intent is most powerful.

tithai hor na koiee hor ||
Other than this virtue, there is nothing else or any other way to be virtuous.

tithai jodh mahaabal soor ||
Those with positive intent are the brave, mighty heroes.

tin meh raam rahiaa bharpoor ||
Such beings are imbued with the essence of Oneness.

tithai seeto seetaa mahimaa maeh ||

Myriad divine beings are in admiration of the all-pervading unseen awareness residing within.

taa ke roop na kathane jaeh ||

Its form cannot be described in words.

naa oh mareh na Thaage jaeh ||

They never experience spiritual death, and negativity can't deceive them.

jin kai raam vasai man maeh ||

Whose hearts are housed by divinity.

tithai bhagat vaseh ke loa ||

The hearts that harbor humanity are akin to a spiritual abode.

kareh ana(n)d sachaa mann soi ||

In such hearts, eternal bliss is experienced, and the truth is personified.

sach kha(n)dd vasai nira(n)kaar ||

In the realm of truth, the formless cosmic energy resides.

kar kar vekhai nadar nihaal ||

The unseen, all-pervading awareness manifests as creation and watches over it with delight.

tithai kha(n)dd ma(n)Dal varabha(n)D ||

There exist realms and regions in the universe.

je ko kathai taa a(n)t na a(n)t ||

The expanse cannot be described due to its limitless in creation.

tithai loa loa aakaar ||

There are diverse forms that reside in diverse regions.

jiv jiv hukam tivai tiv kaar ||

As ordained by the laws of Nature, a form is created that performs its activities accordingly.

vekhai vigasai kar veechaar ||

Seeing the creation with delight and practicing contemplation to reflect on the self and existence.

naanak kathanaa karaRaa saar ||37||

Nanak says this stage of evolution through self-realization is as challenging to describe as the hardness of steel. (37)

Essence: According to Guru Nanak, actions stemming from righteous intentions are the most powerful of all deeds. These actions involve contemplation, observation, and analysis of thoughts regarding universal reality and one's existence. Through this practice, one can experience the formless awareness, which represents the ultimate reality of the unity of creation. This truth is not easy to describe but can be understood when experienced.

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