

Guru Nanak - Sabad 46
amal galolaa kooR kaa ditaa devanahaar ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 16

amal galolaa kooR kaa ditaa devanahaar ||
matee maran visaariaa khusee keetee din chaar ||
sach miliaa tin sofееaa raakhan kau dharavaar ||1||
naanak saache kau sach jaan ||
jit seviaai sukh paieeaaai teree dargeh chalai maan ||1|| rahaau ||
sach saraa guR baaharaa jis vich sachaa naau ||
suneh vakhaaneh jetaRe hau tin balihaarai jaau ||
taa man kheevaa jaaneeaaai jaa mahalee paae thaau ||2||
naau neer cha(n)giaaieeaa sat paramal tan vaas ||
taa mukh hovai ujalaa lakh daatee ik daat ||
dookh tisai peh aakhe'eeh sookh jisai hee paas ||3||
so kiau manahu visaareeaaai jaa ke jeeaa paraan ||
tis vin sabh apavitr hai jetaa painan khaan ||
hor galaa(n) sabh kooReeaa tudh bhaavai parvaan ||4||5||

Summary: The universe is a spiritual unity where an underlying energy permeates every creation, giving rise to positive and negative experiences. These opposing experiences become a source of valuable lessons that shape our understanding that wisdom is embodied in nature. In embracing the eternal truth of interconnectedness in nature, peace is attained, and honor is rightfully earned.

amal galolaa kooR kaa ditaa devanahaar ||
The captivating allure of negativity is a manifestation of the omnipresent, unseen awareness.

matee maran visaariaa khusee keetee din chaar ||
The intoxicated mind forgets everything is perishable and indulges in temporary pleasures that provide momentary happiness.

sach miliaa tin sofееaa raakhan kau dharavaar ||1||
Those who seek the truth have a pristine intent to gain wisdom. (1)

naanak saache kau sach jaan ||
Nanak advises striving to recognize the omnipresence of all-pervading unseen awareness as the eternal truth.

jit seviaai sukh paieeaaai teree dargeh chalai maan ||1|| rahaau ||
Those who accept this reality attain peace, and in this realm of oneness, they walk towards attaining honor. (1)(Pause)

sach saraa guR baaharaa jis vich sachaa naau ||

Spirituality, in its symbolic essence, is a unique form of intoxicant not derived from worldly pleasures but from contemplating the Truth.

suneh vakhaaneh jetaRe hau tin balihaarai jaau ||

Those who truly understand and embody the concept of Oneness deserve to be revered.

taa man kheevaa jaaneeaaai jaa mahalee paae thaau ||2||

Symbolically, consider that mind spiritually intoxicated, which has realized the abode of the all-pervading unseen awareness within. (2)

naau neer cha(n)giaaieeaa sat paramal tan vaas ||

Bathe in the waters of righteousness and anoint the body with the fragrance of Truth.

taa mukh hovai ujalaa lakh daatee ik daat ||

With such virtues, the being radiates peace. This one gift of peace is greater than a million gifts.

dookh tisai peh aakhe'eeh sookh jisai hee paas ||3||

Express your internal pain to the One all-pervading unseen awareness, which is the source of eternal joy. (3)

so kiau manahu visaareeaaai jaa ke jeea paraan ||

Why let the mind forget the Omnipresence of the all-pervading energy that holds the reins of existence?

tis vin sabh apavitr hai jetaa painan khaan ||

Apart from the all-pervading unseen awareness, which is the substratum of the entire creation, the activities of existence are impure.

hor galaa(n) sabh kooReeaa tudh bhaavai parvaan ||4||5||

All other theories are false; only the will of nature is authentic. (4)(5)

Essence: Nature embodies wisdom; it becomes the guiding force when allowed to thrive without interference. Guru Nanak says that all theories and doctrines are false except for the will of nature.

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

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