

Guru Nanak - Sabad 53
dhaat milai fun dhaat kau sifatee sifat samai ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 18

dhaat milai fun dhaat kau sifatee sifat samai ||
laal gulaal gahabaraa sachaa ra(n)g chaRaau ||
sach milai sa(n)tokheea har jap ekai bhai ||1||
bhaiee re sa(n)t janaa kee ren ||
sa(n)t sabhaa gur paieeaa mukat padhaarath dhen ||1|| rahaau ||
uoochau thaana suhaavanaa uopar mahal muraar ||
sach karanee de paieeaa dar ghar mahal piaar ||
gurmukh man samjhaieeaa aatam raam beechaar ||2||
tribidh karam kamaie'eeh aas a(n)desaa hoi ||
kiau gur bin tirakuTee chhuTasee sahaaj miliaai sukh hoi ||
nij ghar mahal pachhaaneeaa nadar kare mal dhoi ||3||
bin gur mail na utarai bin har kiau ghar vaas ||
eko sabad veechaareeaa avar tiaagai aas ||
naanak dekh dikhaieeaa hau sadh balihaara jaas ||4||12||

Summary: Everything ultimately returns to its source, from the physical elements of nature to our admirable qualities. Just as elements dissolve back into the natural world, our intrinsic qualities merge into the essence of who we are. This truth highlights the importance of embodying virtues that resonate deeply within us, allowing us to transcend the confines of the ego and promote collective well-being.

dhaat milai fun dhaat kau sifatee sifat samai ||

The physical elements of nature ultimately merge with the natural world; in the same way, likewise, admirable qualities inspire us to integrate with virtues that truly deserve our praise.

laal gulaal gahabaraa sachaa ra(n)g chaRaau ||

Like the attractive and vibrant color red, infuse your awareness with the intensity of truthfulness.

sach milai sa(n)tokheea har jap ekai bhai ||1||

Truth is achieved by those who are content, reflect on omnipresence, and are devoted to Oneness. (1)

bhaiee re sa(n)t janaa kee ren ||

O fellow being, embrace the virtue of becoming the dust at the feet of enlightened beings, for it is through this humility that we truly seek wisdom.

sa(n)t sabhaa gur paieeaaai mukat padhaarath dhen ||1|| rahaau ||

In the company of the spiritually enlightened, wisdom is gained, leading to liberation from materialistic allurements. (1)(Pause)

uoochau thaana suhaavanaa uopar mahal muraar ||

The pinnacle of spirituality, where the wisdom of unity is experienced, brings fulfillment; beyond this realm is the union with Oneness.

sach karanee de paieeaaai dar ghar mahal piaar ||

Truthful actions bring blessings and allow love to flourish by opening the mind like a door, cherishing it like a home, and exploring its vastness like a mansion.

gurmukh man samjhaieeaaai aatam raam beechaar ||2||

Those inclined to gain wisdom direct their mind to contemplate all-pervading awareness residing within. (2)

tribidh karam kamaie'eeh aas a(n)desaa hoi ||

Actions influenced by the three states of mind, Sattva (equilibrium), Rajas (passion), and Tamas (ignorance), lead to feelings of hope and despair.

kiau gur bin tirakuTee chhuTasee sahaaj miliaai sukh hoi ||

Without spiritual wisdom, how can one free oneself from the influence of the three states of mind? In a tranquil and balanced state, peace is experienced.

nij ghar mahal pachhaaneeaaai nadar kare mal dhoi ||3||

Within the body is a house for the omnipresent energy that connects us all. Recognizing this truth graces us to cleanse the soul with the impurity of ego. (3)

bin gur mail na utarai bin har kiau ghar vaas ||

Without understanding the essence of wisdom, negativities cannot be eliminated. Without recognizing the omnipresence of all-encompassing energy, self-awareness cannot exist.

eko sabad veechaareeaaai avar tiaagai aas ||

Reflect on the words of wisdom that unite us in Oneness and let go of other distractions in your quest for divinity.

naanak dekh dikhaieeaaai hau sadh balihaarai jaas ||4||12||

Nanak says, I am sacrificed to such wisdom, which enables one to see its presence in every aspect of life. (4)(12)

Essence: Guru Nanak illuminates the importance of reflecting on human experiences through the philosophy of the three Gunas, or qualities that influence

our perceptions, actions, and responses. Sattva brings clarity and peace, Rajas relates to passion and desire, while Tamas leads to inertia and ignorance. We can identify which qualities dominate our thoughts and actions through spiritual wisdom, mindfulness, and self-reflection. This practice helps balance our emotions, easing the fluctuations of hope and despair.

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

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