

Guru Nanak - Sabad 56
tan jal bal maaTee bhiaa man maiaa moh manoor ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 19

tan jal bal maaTee bhiaa man maiaa moh manoor ||
aaugan fir laagoo bhe koor vajaanai toor ||
bin sabadai bharmaaieeai dubidhaa Dobe poor ||1||
mann re sabad tarahu chit lai ||
jin gurmukh naam na boojhiaa mar janamai aavai jai ||1|| rahaau ||
tan soochaa so aakheeeai jis meh saachaa naau ||
bhae sach raatee dehuree jihavaa sach suaau ||
sachee nadar nihaaleeai bahuR na paavai taau ||2||
saache te pavanaa bhiaa pavanai te jal hoi ||
jal te tirabhavan saajiaa ghaT ghaT jot samoi ||
nirmal mailaa naa theeai sabad rate pat hoi ||3||
eih man saach sa(n)tokhiaa nadar kare tis maeh ||
pa(n)ch bhoot sach bhai rate jot sachee mann maeh ||
naanak aaugan veesare gur raakhe pat taeh ||4||15||

Summary: When one becomes overly entangled in the fleeting pleasures of the material world, it can negatively impact both physical health and mental clarity. Illusions become ingrained, hindering the mind's ability to distinguish truth from falsehood, which amplifies fears and doubts and causes a cycle of suffering. As a result, the physical body may experience stress and disease, disrupting the connection between mind and body. To counteract this imbalance in the overall well-being, reflecting on the essence of wise teachings can promote upliftment.

tan jal bal maaTee bhiaa man maiaa moh manoor ||
The body burns to ash, and the mind's ability gets rusted when one is attached to worldly illusions, alluding to mind and body connection for mental and physical well-being.

aaugan fir laagoo bhe koor vajaanai toor ||
Then weaknesses turn into enemies, and falsehoods are proclaimed as loudly as the sound of a trumpet.

bin sabadai bharmaaieeai dubidhaa Dobe poor ||1||
Without the guiding words of wisdom, one can wander in delusion; influenced by duality, one can drown in doubts. (1)

mann re sabad tarahu chit lai ||
O mind, consciously reflect on the essence of words of wisdom as they facilitate spiritual upliftment.

jin gurmukh naam na boojhiaa mar janamai aavai jai ||1|| rahaau ||

Those inclined to gain spiritual wisdom yet cannot turn inwards for self-reflection remain trapped in repetitive cycles of regression and progression. (1)(Pause)

tan soochaa so aakheeaai jis meh saachaa naau ||

A body can be considered genuinely pure when it engages in practices that promote true self-reflection and contemplation.

bhae sach raatee dehuree jihavaa sach suaau ||

A body imbued with the fear of deviating from truth has a tongue that relishes honesty.

sachee nadar nihaaleeaai bahuR na paavai taau ||2||

Through the grace of truthfulness, one can experience joy and free oneself from the endless cycle of seeking ritualistic atonement. (2)

saache te pavanaa bhiaa pavanai te jal hoi ||

The omnipresent energy, the fundamental force of creation, is the truth that created the air and water that emerged through the air, highlighting that energy, air, and water collectively sustain life.

jal te tirabhavan saajiaa ghaT ghaT jot samoi ||

From the water element, the three realms—sky, ocean, and earth—were created, and a unified consciousness permeates every part of creation.

nirmal mailaa naa theeaai sabad rate pat hoi ||3||

Those with clarity of thought remain unaffected by negativity as they immerse themselves in gaining wisdom and ultimately achieve the honorable state of enlightenment. (3)

eih man saach sa(n)tokhiaa nadar kare tis maeh ||

A truthful mind finds contentment and is blessed to recognize that the omnipresent energy resides within.

pa(n)ch bhoot sach bhai rate jot sachee mann maeh ||

The body comprises the five elements (ether, fire, air, water, and earth). When they fear deviating from the truth, they align to awaken a sacred harmony within us all.

naanak aaugan veesare gur raakhe pat taeh ||4||15||

Nanak says that those who abandon negativity have their honor protected by wisdom, which guides one from ignorance to awareness. (4)(15)

Essence: Guru Nanak describes how the five fundamental elements intricately weave together to form the essence of the human body. Ether serves as the subtle link connecting the other elements. Fire represents passion for transformation. Air symbolizes breath that sustains life. Water enables the flow of emotions. Earth provides the grounding stability. When these elements sense a threat to their inherent truth, they awaken, align, and channel a profound energy that reflects the divine balance within us. This harmony can be experienced by those who turn inwards for self-reflection while others remain trapped in repetitive cycles of regression and progression.

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