

Guru Nanak - Sabad 58
sun mann mitr piaariaa mil velaa hai eh ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 20

sun mann mitr piaariaa mil velaa hai eh ||
jab lag joban saas hai tab lag ih tan deh ||
bin gun kaam na aaviee Deh Deree tan kheh ||1||
mere mann lai laahaa ghar jaeh ||
gurmukh naam salaahaaai haumai nivaree bhaeh ||1|| rahaau ||
sun sun ga(n)Dan ga(n)Deeaaai likh paR bujheh bhaar ||
tirasanaa ahinis agalee haumai rog vikaar ||
oh veparavaahu atolavaa gurnat keemat saar ||2||
lakh siaanap je karee lakh siau preet milaap ||
bin sa(n)gat saadh na dhraapeeaa bin naavai dookh sa(n)taap ||
har jap jeeare chhuTeeaaai gurmukh cheenai aap ||3||
tan man gur peh vechiaa man deaaa sir naal ||
tirabhavan khoj Da(n)Doliaa gurmukh khoj nihaal ||
satagur mel milaaiaa naanak so prabh naal ||4||17||

Summary: The impact of service extends beyond just helping others; it is a powerful means for personal growth, self-discovery, and spiritual development. By setting aside our own needs and focusing on the needs of others, we move beyond the ego that often traps us in self-centeredness. Through service, we unlock the door to genuine connection with our surroundings, understanding the shared experiences and the interconnectedness. In serving, we realise that by lifting others, we also lift ourselves.

sun mann mitr piaariaa mil velaa hai eh ||
Listen, O mind, the ever-present beloved companion; now is the time to unite with omnipresence.

jab lag joban saas hai tab lag ih tan deh ||
As long as there is life and breath, dedicate this physical existence to the noble act of service.

bin gun kaam na aaviee Deh Deree tan kheh ||1||
Without attaining virtues, the body's existence is worthless. The body will eventually degenerate into a pile of dust. (1)

mere mann lai laahaa ghar jaeh ||
My mind seeks the benefits of physical existence by turning inwards to my consciousness.

Those who seek wisdom to guide them from ignorance to awareness endorse self-reflection, which extinguishes the fire of ego. (1)(Pause)

We often hear philosophies that encourage us to connect and unite, we read and write to understand its profoundness.

However, worldly desires persist, leading one to become diseased with ego and negativity.

The carefree, all-encompassing energy is beyond measure; its value shines through the wisdom that guides us from ignorance to enlightenment. (2)

Engaging in various clever activities can facilitate affectionate relationships with numerous individuals.

However, without associating with the enlightened, spiritual yearning remains unfulfilled and without self-reflection, there is pain and suffering.

Contemplating the essence of universality leads the mind to liberation. Those who pursue wisdom to transcend ignorance gain an understanding of their existence. (3)

Committing the body and mind to acquiring wisdom, and surrendering your mind in humility towards this pursuit.

After searching for the all-pervading in the three realms; earth, sky, and the nether regions; when one becomes a seeker of wisdom, a radiant clarity emerges.

True wisdom enables a union with the omnipresent energy. Nanak says this divine energy will be with us forever. (4)(17)

Essence: Guru Nanak refers to the quest to discover the all-pervading energy across three realms: the earth, the sky, and the nether regions. This journey is not

about geographical exploration; instead, it is a deep inquiry where the seeker delves into both the material and spiritual dimensions to gain wisdom. True understanding is not merely an intellectual exercise; it involves an experiential realization of the oneness between the individual soul and the all-pervading energy. This connection gives clarity that the omnipresent source is always within us, hence making us all inseparable companions.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com