

Guru Nanak - Sabad 59
maranai kee chi(n)taa nahee jeevan kee nahee aas ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 20

maranai kee chi(n)taa nahee jeevan kee nahee aas ||
too sarab jeeaa pratipaalahee lekhai saas giraas ||
a(n)tar gurmukh too vaseh jiau bhaavai tiau nirjaas ||1||
jeeare raam japat mann maan ||
a(n)tar laagee jal bujhee paiaa gurmukh giaan ||1|| rahaau ||
a(n)tar kee gat jaaneeaaai gur mileeaaai sa(n)k utaar ||
muiaa jit ghar jaieeaaai tit jeevadiaa mar maar ||
anahad sabad suhaavane paieeaaai gur veechaar ||2||
anahad baanee paieeaaai teh haumai hoi binaas ||
satgur seve aapanaa hau sad kurbaanai taas ||
khaR dargeh painaieeaaai mukh har naam nivaas ||3||
jeh dekhaa teh rav rahe siv sakatee kaa mel ||
tirahu gun ba(n)dhee dhehuree jo aaiaa jag so khel ||
vijogee dukh vichhuRe manmukh laheh na mel ||4||
man bairaagee ghar vasai sach bhai raataa hoi ||
giaan mahaaras bhogavai baahuR bhookh na hoi ||
naanak ih man maar mil bhee fir dhukh na hoi ||5||18||

Summary: Living in harmony with nature empowers us to cultivate virtues within our control while accepting what we cannot change, such as birth and death. This reflection raises a critical insight: Why waste energy worrying about dying or endlessly hoping for life? Living as per nature may seem like passive acceptance of fate, but true acceptance involves recognizing the limits of our influence. Wisdom doesn't come from trying to impose our desires on the world; it emerges from reshaping our desires to align with reality. The power to access profound inner strength lies within our minds.

maranai kee chi(n)taa nahee jeevan kee nahee aas ||
There is no worry about dying, nor is there hope of living, suggesting that one should live in harmony with the laws of nature.

too sarab jeeaa pratipaalahee lekhai saas giraas ||
The omnipresent source sustains all beings and accounts for everyone's breath and nourishment.

a(n)tar gurmukh too vaseh jiau bhaavai tiau nirjaas ||1||
It exists as awareness in those who seek wisdom, helping them determine what is most suitable for them. (1)

jeeare raam japat mann maan ||

A mind that contemplates the singular energy permeating everything is a mind worthy of honour.

a(n)tar laagee jal bujhee paiaa gurmukh giaan ||1|| rahaau ||

The fire of doubt burning within extinguishes when one becomes a seeker of wisdom and gains awareness. (1)(Pause)

a(n)tar kee gat jaaneeaaai gur mileeaaai sa(n)k utaar ||

We can be aware of our inner state; however, our doubts are dispelled by wisdom that guides us from ignorance to enlightenment.

muiaa jit ghar jaieeaaai tit jeevadiaa mar maar ||

The hope to attain an abode of salvation after death can be overcome by erasing the fear of death while alive.

anahad sabad suhaavane paieeaaai gur veechaar ||2||

Inestimable wisdom flows like a soothing melody attained through spiritual dialogues that guide from ignorance to awareness. (2)

anahad baanee paieeaaai teh haumai hoi binaas ||

Comprehending the inestimable melody of spiritual words can dispel ego.

satgur seve aapanaa hau sad kurbaanai taas ||

Those who are devoted to gaining true wisdom through self-reflection, I eternally surrender myself to them.

khaR dargeh painaieeaaai mukh har naam nivaas ||3||

Join a spiritual gathering and honour those whose presence embodies Oneness. (3)

jeh dekhaa teh rav rahe siv sakatee kaa mel ||

Wherever one sees, there resides the all-pervading source, a union of the male and female energies.

tirahu gun ba(n)dhee dhehuree jo aaiaa jag so khel ||

The three states of mind, Rajas (activity), Sattva (equilibrium), and Tamas (inertia), bound the functioning of the body. Each of us has to experience them as a game of life.

vijogee dukh vichhuRe manmukh laheh na mel ||4||

Those disconnected from unity suffer the pain of separation; such self-conceited individuals cannot experience the merits of union. (4)

man bairaagee ghar vasai sach bhai raataa hoi ||

The mind, detached from material attachments, discovers the wisdom that lies within. It recognizes the truth and radiates with clarity.

giaan mahaaras bhogavai baahuR bhookh na hoi ||

Having absorbed the essence of spiritual wisdom, there is no hunger for other worldly desires.

naanak ih man maar mil bhee fir dhukh na hoi ||5||18||

Nanak says that by removing ego from the mind and attaining spiritual wisdom, one can avoid experiencing pain. (5)(18)

Essence: Guru Nanak states that doubt arises from ignorance and manifests as uncertainty. This state of mind creates distress when no answer can quell doubt, hindering understanding of the reality of Oneness. Detaching from false identification with the ego of 'you and me' and embracing unity, the mind experiences freedom from pain and embarks on a spiritual journey by turning inward toward wisdom.

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