

Guru Nanak - Sabad 62
har har japahu piaariaa gurmat le har bol ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 22

har har japahu piaariaa gurmat le har bol ||
man sach kasavaTee laieeaai tuleeaai poorai tol ||
keemat kinai na paieeaai rid maanak mol amol ||1||
bhaiee re har heeraa gur maeh ||
satasa(n)gat satagur paieeaai ahinis sabad salaeh ||1|| rahaau ||
sach vakhar dhan raas lai paieeaai gur pargaas ||
jiau agan marai jal paiaai tiau tirasanaa daasan daas ||
jam ja(n)daar na lagiee iau bhaujal tarai taraas ||2||
gurmukh kooR na bhaaviee sach rate sach bhai ||
saakat sach na bhaaviee kooRai kooRee paa(n)i ||
sach rate gur meliaai sache sach samai ||3||
mann meh maanak laal naam ratan padaarath heer ||
sach vakhar dhan naam hai ghaT ghaT gahir ga(n)bheer ||
naanak gurmukh paieeaai daiaa kare har heer ||4||21||

Summary: Engaging in meaningful conversations is like nurturing a vibrant garden. Each participant, whether a seeker, speaker, or silent observer, plays a vital role in planting seeds of diverse thoughts. With openness and sincerity as sunlight and rain, these seeds bear fruit in the form of insights. As various perspectives unfold, our minds expand like branches, creating space for wisdom to flourish. By approaching these dialogues as opportunities for learning, we can cultivate deep spiritual roots that foster interconnectedness, bringing us closer to the light of truth and enriching not only ourselves but also those around us.

har har japahu piaariaa gurmat le har bol ||
O beloved fellow beings, contemplate the oneness of all creation and attain wisdom that empowers the intellect to express thoughts on unity.

man sach kasavaTee laieeaai tuleeaai poorai tol ||
Evaluate the thoughts of the mind against the touchstone of truth, the ultimate moral compass, and verify if they carry the weight of authenticity.

keemat kinai na paieeaai rid maanak mol amol ||1||
The true value of a heart filled with love cannot be measured like that of a precious, rare gemstone. (1)

bhaiee re har heeraa gur maeh ||
Oh, fellow beings, oneness is a precious jewel, discovered through the wisdom within our collective consciousness.

satasa(n)gat satagur paieeaaai ahinis sabad salaeh ||1|| rahaau ||

In the company of sincere seekers, authentic insights flourish among those who, day and night, participate in meaningful spiritual conversations. (1)(Pause)

sach vakhar dhan raas lai paieeaaai gur pargaas ||

True trade, characterised by meaningful conversations, can lead to wealth, signifying enhanced knowledge, which entails capital gain and reflects the acquisition of virtues. These steps foster wisdom that leads to enlightenment.

jiau agan marai jal paiaai tiau tirasanaa daasan daas ||

Just as pouring water extinguishes a fire, so too do desires become subservient to the humble.

jam ja(n)daar na lagiee iau bhaujal tarai taraas ||2||

When the fear of death is conquered, it gives the strength to help overcome life's hurdles for oneself and others, much like navigating and ferrying across a vast, tumultuous ocean. (2)

gurmukh kooR na bhaaviee sach rate sach bhai ||

The spiritually aware are not lured by the falsehood of separation. They are imbued with the truth of interconnectedness and are dedicated to this reality.

saakat sach na bhaaviee kooRai kooRee paa(n)i ||

The dishonest do not rejoice in the truth of unity; falsehood of disunion is the foundation of their delusion.

sach rate gur meliaai sache sach samai ||3||

Those who embody honesty gain wisdom about the reality of omnipresence and remain absorbed in the truth of unity. (3)

mann meh maanak laal naam ratan padaarath heer ||

A mind that regards contemplation as a valuable jewel embodies a priceless virtue.

sach vakhar dhan naam hai ghaT gahir ga(n)bheer ||

Genuine merchandise symbolises the valuable practice of self-reflection, which is a profound virtue inherent in every aspect of creation.

naanak gurmukh paieeaaai daiaa kare har heer ||4||21||

Nanak says that spiritual seekers gain wisdom through the grace of practising oneness, a virtue of immeasurable value. (4)(21)

Essence: Guru Nanak says genuine wealth is not material possessions, but the sincere pursuit of self-reflection—a virtue embedded within the essence of existence. In quiet contemplation, the consciousness reveals profound insights that transcend the superficial aspects of life. This wisdom arises in those who seek divinity, bestowed upon them through the immense merit of practising unity with the cosmos.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com