

Guru Nanak - Sabad 63
bharame bhaeh na vijhavai je bhavai dhisa(n)tar des ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 22

bharame bhaeh na vijhavai je bhavai dhisa(n)tar des ||
a(n)tar mail na utarai dhirag jeevan dhirag ves ||
hor kitai bhagat na hoviee bin satigur ke upades ||1||
mann re gurmukh agan nivaar ||
gur kaa kahiaa mann vasai haumai tirasanaa maar ||1|| rahaau ||
man maanak niramol hai raam naam pat pai ||
mil satasa(n)gat har paieeaaai gurmukh har liv lai ||
aap giaa sukh paiaa mil salalai salal samai ||2||
jin har har naam na chetio su aaugun aavai jai ||
jis satgur purakh na bheTio su bhaujal pachai pachai ||
eih maanak jeeau nirmol hai iau kauddee badalai jai ||3||
ji(n)naa satgur ras milai se poore purakh sujaan ||
gur mil bhaujal la(n)gheeaai dargeh pat parvaan ||
naanak te mukh ujale dhun upajai sabad neesaan ||4||22||

Summary: Doubt and scepticism are vital elements of the human experience, reflecting our natural uncertainty about the truth of ideas. While scepticism invites us to examine our assumptions, doubt encourages meaningful questioning. However, when taken to extremes, doubt and scepticism can devolve into cynicism and apathy, obstructing our ability to accept new ideas, adapt our viewpoints, make decisive choices, and cultivate meaningful relationships. Thus, it is crucial to embrace scepticism and doubt with the aim of transcending our egos and gaining true experiential wisdom. This balanced approach fosters critical inquiry without stunting our personal growth or the connections we build with others.

bharame bhaeh na vijhavai je bhavai dhisa(n)tar des ||
The fire of doubt does not extinguish even if one may journey through distant lands and places.

a(n)tar mail na utarai dhirag jeevan dhirag ves ||
Unless the filth of ego within us is cleansed, any life we live, even cloaked in religious attire, holds no true value.

hor kitai bhagat na hoviee bin satigur ke upades ||1||
No other path leads to true devotion except through the true wisdom that gives insight to transform ignorance into awareness. (1)

mann re gurmukh agan nivaar ||

O mind, become a seeker of the wisdom that will extinguish the fire of negative thoughts.

gur kaa kahiaa mann vasai haumai tirasanaa maar ||1|| rahaau ||

When the insights gained through knowledge are comprehended and imbibed by the mind, it eradicates ego and relentless cravings. (1)(Pause)

man maanak niramol hai raam naam pat pai ||

A mind is like a priceless gem; recognising the oneness of creation enhances its value and credibility, like a gem reveals its brilliance and worth when polished.

mil satasa(n)gat har paieeaaai gurmukh har liv lai ||

In the company of sincere seekers of divinity, the essence of unity is realised. Those seeking wisdom that transforms ignorance into awareness align their consciousness with the oneness of creation.

aap giaa sukh paiaa mil salalai salal samai ||2||

When the illusion of the self dissolves, peace emerges effortlessly, like water merging seamlessly with water. (2)

jin har har naam na chetio su aaugun aavai jai ||

Those who fail to remember and reflect on the unity of creation become vulnerable, continually trapped in a cycle of regression and progression.

jis satgur purakh na bheTio su bhaujal pachai pachai ||

Those disconnected from the true wisdom of the sub-stratum, the essence of all creation, view the world as a terrifying ocean and remain trapped in fear and suffering.

eih maanak jeeau nirmol hai iau kauddee badalai jai ||3||

This precious existence is like a rare jewel. However, without reflecting on its essence, it becomes as trivial as a discarded shell, losing its true value. (3)

ji(n)naa satgur ras milai se poore purakh sujaan ||

Those who grasp the true essence of wisdom are content, aware, and wise.

gur mil bhaujal la(n)gheeaai dargeh pat parvaan ||

When the essence of knowledge is gained, the illusory worldly ocean can be navigated with awareness, which is worthy of respect and acceptance.

naanak te mukh ujale dhun upajai sabad neesaan ||4||22||

Nanak says those who embody divine wisdom radiate with truth. They convey a harmonious melody of wise words, which reside within, and have a profoundly positive impact. (4)(22)

Essence: Guru Nanak explains that wisdom is not just the accumulation of knowledge or experience; its essence lies in understanding how to live well. Wisdom involves the practical application of knowledge to our lives, emphasizing what we know and how we use that knowledge. It is about a meaningful impact that earns respect and approval from ourselves and others.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com