

Guru Nanak - Sabad 67

**eih tan dharatee beej karamaa karo salil aapaau saari(n)gapaanee ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 23**

eih tan dharatee beej karamaa karo salil aapaau saari(n)gapaanee ||
man kirsaan har ridhai ja(n)mai lai iau paavas pad nirbaanee ||1||
kaahe garabas mooRe maiaa ||
pit suto sagal kaalatr maataa tere hoh na a(n)t sakhaiaa || rahaau ||
bikhai bikaar dusaT kirakhaa kare in taj aatamai hoi dhiaaiee ||
jap tap sa(n)jam hoh jab raakhe kamal bigasai madh aasramaiee ||2||
bees sapataaharo baasaro sa(n)grahai teen khoRaa nit kaal saarai ||
das aThaar mai apara(n)paro cheenai kahai naanak iv ek taarai ||3||26||

Summary: In a world driven by consumerism and aspirations, finding balance while prioritizing values and inner fulfilment is essential to realize the ultimate reality. Life is fleeting; material wealth and relationships may bring temporary solace, but clinging to them is often in vain, as everything ultimately fades away, and none can follow us beyond death. By dispelling ignorance, we open the door to clarity and understanding, allowing us to connect more deeply with reality. Ultimately, it is not our possessions that define us, but the wisdom which we nurture.

eih tan dharatee beej karamaa karo salil aapaau saari(n)gapaanee ||
Cultivate this body as if it were a field, sow the seeds of noble actions within it, nourish it with the waters of contemplation, and enrich it with the divine essence that upholds the world in its embrace.

man kirsaan har ridhai ja(n)mai lai iau paavas pad nirbaanee ||1||
As farmers tend to their fields, nurture your mind to cultivate the essence of oneness within. This dedication can create a state of awareness. (1)

kaahe garabas mooRe maiaa ||
Why do you take pride in worldly possessions, O ignorant being?

pit suto sagal kaalatr maataa tere hoh na a(n)t sakhaiaa || rahaau ||
Your father, children, spouse, mother, and all relatives will leave, and ultimately, none will be able to assist you when you are on your end. (Pause)

bikhai bikaar dusaT kirakhaa kare in taj aatamai hoi dhiaaiee
Weed out unproductive wickedness from the mind; by eliminating this negativity, consciousness will foster self-reflection.

jap tap sa(n)jam hoh jab raakhe kamal bigasai madh aasramaiee ||2||

When contemplation, self-reflection, and self-discipline become the driving forces, the mind blooms with clarity like a lotus flower, allowing a flow of wisdom as sweet as nectar. (2)

bees sapataaharo baasaro sa(n)grahai teen khoRaa nit kaal saarai

Twenty weeks signify time's passage, with each day embodying the past, present, and future, we accumulate wealth as possessions, knowledge, and experiences, yet death ultimately takes all.

das aThaar mai apara(n)paro cheenai kahai naanak iv ek taarai ||3||26||

In all directions and at all times, recognize the presence of your infinite, omnipresent creator. Nanak says that this understanding of oneness will aid in transcending life. (3)(26)

Essence: Guru Nanak emphasizes that when contemplation and discipline become the guiding forces in life, the mind experiences clarity, and wisdom flows freely. The ego that arises from accumulating physical, intellectual, or material wealth begins to fade as one understands that death ultimately consumes all. By recognizing the presence of an infinite and omnipresent creator in every direction and at all times, this understanding of oneness helps individuals transcend life's challenges.

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