

Guru Nanak - Sabad 68

**amal kar dhartee beej sabado kar sach kee aab nit dheh paanee ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 23**

amal kar dhartee beej sabado kar sach kee aab nit dheh paanee ||
hoi kirasaan ieemaan ja(n)mai lai bhisat dojak mooRe ev jaanee ||1||
mat jaan seh galee paiaa ||
maal kai maanai roop kee sobhaa it bidhee janam gavaiaa ||1|| rahaau ||
aaib tan chikaRo ih mann meeddako kamal kee saar nahee mool paiee ||
bhaur usataad nit bhaakhiaa bole kiau boojhai jaa neh bujhaiee ||2||
aakhan sunanaa paun kee baanee ih man rataa maiaa ||
khasam kee nadar dileh pasi(n)de jinee kar ek dhiaaiaa ||3||
teeh kar rakhe pa(n)j kar saathiee naau saitaan mat kaT jaiee ||
naanak aakhai raeh pai chalanaa maal dhan kit koo sa(n)jiaahee ||4||27||

Summary: The processes of cultivation and spirituality share deep and meaningful similarities that can inspire transformation. Both are journeys of nurturing that lead to profound results. The first step in farming is preparing the land and removing weeds hindering crop growth. In the same way, spiritual growth begins by eliminating the mental clutter of negativity, ego, fear, and doubt. When farmers carefully plant seeds, they nurture the land to ensure a bountiful harvest, mirroring how spiritual seekers cultivate their inner selves, striving for wisdom and virtues to discover lasting peace and a more fulfilling life.

amal kar dhartee beej sabado kar sach kee aab nit dheh paanee ||
Cultivate life as soil for good deeds. Plant seeds of wisdom, let honesty flow like a river and water these virtues daily to sustain them.

hoi kirasaan ieemaan ja(n)mai lai bhisat dojak mooRe ev jaanee ||1||
Embrace the role of a cultivator of righteousness, nurturing the ignorant mind to recognize that heaven and hell are mere reflections of our positive and negative thoughts. (1)

mat jaan seh galee paiaa ||
Do not be deceived into believing that awareness of the omnipresent force can be attained through mere words without actions.

maal kai maanai roop kee sobhaa it bidhee janam gavaiaa ||1|| rahaau ||
The pride of material wealth and the obsession with physical beauty can lead to a wasted life. (1)(Pause)

aaib tan chikaRo ih mann meeddako kamal kee saar nahee mool paiee||
Those holding negativity are like murk. A rigid mindset, unaware of the inherent virtues and goodness around, resembles a frog confined in a stagnant swamp, oblivious to the beauty and wisdom of the lotus blooming in its habitat.

bhaur usataad nit bhaakhiaa bole kiau boojhai jaa neh bujhaiee ||2||
The bumblebee represents consciousness, a guiding force that persistently buzzes to impart insights. Yet, understanding unfolds only through actively comprehending the shared wisdom. (2)

aakhan sunanaa paun kee baanee ih man rataa maiaa ||
Speaking and listening are like a gust of wind; Similarly, realization slips away quickly when the mind is distracted by worldly concerns.

khasam kee nadar dileh pasi(n)de jinee kar ek dhiaaiaa ||3||
The creation created by the creator pleases the hearts of those who have embraced contemplation on the Oneness of existence. (3)

teeh kar rakhe pa(n)j kar saathee naau saitaan mat kaT jaiee ||
Observing ritualistic thirty-day fasts and reciting the daily five prayers are meaningless if the mind is attached to a negative, satanic mindset.

naanak aakhai raeh pai chalanaa maal dhan kit koo sa(n)jiaahee ||4||27||
Nanak says to choose a purposeful path, as death will come to all, so why remain attached to the temporary pursuit of accumulating material wealth? (4)(27)

Essence: Guru Nanak urges us to choose a path of cultivating virtues that transcend the impermanence of life. Recognising that death is inevitable, he questions why one should remain attached to the temporary pursuit of worldly possessions. He emphasises the importance of living with purpose and spiritual awareness.

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

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