

Guru Nanak - Sabad 69
soiee maulaa jin jag mauliaa hariaa keeaa sa(n)saaro ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 24

soiee maulaa jin jag mauliaa hariaa keeaa sa(n)saaro ||
aab khaak jin ba(n)dh rahaiee dha(n)n sirjanhaaro ||1||
maranaa mulaa maranaa ||
bhee karataarahu Daranaa ||1|| rahaau ||
taa too mulaa taa too kaajee jaaneh naam khudaiee ||
je bahuteraa paRiaa hoveh ko rahai na bhareeaai paiee ||2||
soiee kaajee jin aap tajiaa ik naam keeaa aadhaaro ||
hai bhee hosee jai na jaasee sachaa sirjanhaaro ||3||
pa(n)j vakhat nivaaj gujaareh paReh kateb kuraanaa ||
naanak aakhai gor sadeiee rahio peenaa khaanaa ||4||28||

Summary: Fear and devotion cannot coexist. When fear of someone or something takes hold, it creates barriers that prevent connection and unity. True devotion arises from love, enabling you to appreciate and enjoy creation and live in harmony with life's flow. Fear often stems from a misunderstanding of the essence of existence, leading to the belief that the creator is separate from creation. Being spiritually aware means recognizing the oneness of all and engaging with unity without fear.

soiee maulaa jin jag mauliaa hariaa keeaa sa(n)saaro ||
The true Master is the all-pervading force who manifests as a creation to blossom and thrive.

aab khaak jin ba(n)dh rahaiee dha(n)n sirjanhaaro ||1||
It is the one who has bound together water and dust to form this creation. The creative energy's brilliance is truly awe-inspiring. (1)

maranaa mulaa maranaa ||
Death comes to all; religious priests preach this reality, but without inner awakening, they face spiritual death.

bhee karataarahu Daranaa ||1|| rahaau ||
As they fear and create fear of the omnipresent force, which creates life and death. (1)(Pause)

taa too mulaa taa too kaajee jaaneh naam khudaiee ||
You can be a religious scholar and a civil judge only if you have realized the oneness of creation through self-reflection.

je bahuteraa paRiaa hoveh ko rahai na bhareeai paiee ||2||

Even with great knowledge, one cannot be considered wise if one's inner self is tainted. (2)

soiee kaajee jin aap tajiia ik naam keeaa aadhaaro ||

Only those are worthy of giving judgment who set aside selfishness and embrace Oneness as the cornerstone of their decisions.

hai bhee hosee jai na jaasee sachaa sirjanhaaro ||3||

It is present now and will be there in the future; it will never leave; it is the reality of the all-pervading force, the creator of the creation. (3)

pa(n)j vakhat nivaaj gujaareh paReh kateb kuraanaa ||

One may offer the prescribed prayers five times a day and recite sacred scriptures diligently,

naanak aakhai gor sadeiee rahio peenaa khaanaa ||4||28||

Nanak says when death comes and the call of the grave arrives, all forms of indulgence cease. (4)(28)

Essence: Guru Nanak offers a profound reminder of our mortality, urging us to remain aware of the inevitability of death. This message calls for humility, self-reflection, and genuine devotion rather than being distracted by superficial rituals or worldly pride. Instead of clinging to material attachments, we should cultivate virtues to bring us closer to spiritual awakening, for in the end, only our deeds will accompany us.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com