

Guru Nanak – Sabad 71
ekaa surat jete hai jeea ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 24

ekaa surat jete hai jeea ||
surat vihoonaa koi na keea ||
jehee surat tehaa tin raahu ||
lekhaa iko aavahu jaahu ||1||
kaahe jeea kareh chaturaiee ||
levai dhevai ddil na paiee ||1|| rahaau ||
tere jeea jeeaa kaa toh ||
kit kau saahib aaveh roh ||
je too saahib aaveh roh ||
too onaa kaa tere oh ||2||
asee bolavigaaR vigaaReh bol ||
too nadharee a(n)ddhar toleh tol ||
jeh karanee teh pooree mat ||
karanee baajhahu ghaTe ghaT ||3||
pranavat naanak giaanee kaisaa hoi ||
aap pachhaanai boojhai soi ||
gur parasaadh kare beechaar ||
so giaanee dharageh paravaan ||4||30||

Summary: The mind clings, hoping to hold what cannot be held, and engages in ingenuity because it fears loss, imagining that cleverness can secure and control what it has gained. Yet the laws of nature can destroy what it has created without delay, reminding us that nothing is truly ours; what is given can be taken away in an instant. In this rhythm of give and take, nothing is owned, only shared. This universal truth is not a cruel fate, but rather the natural balance of existence, where gaining and losing are intertwined like the very act of breathing. When we manipulate to hold, we resist the essential flow of life. True fulfilment arises from embracing this cycle of giving, receiving, and letting go.

ekaa surat jete hai jeea ||
There is one all-pervading awareness within all that exists.

surat vihoonaa koi na keea ||
Without this awareness, nobody comes into existence.

jehee surat tehaa tin raahu ||
As is one's awareness, so is their life path.

lekhaa iko aavahu jaahu ||1||

There is one universal law: everything that comes to life must eventually come to an end. (1)

kaahe jeea kareh chaturaiee ||

Why does the mind practice ingenuity?

levai dhevai ddil na paiee ||1|| rahaau ||

The laws of nature operate with an unbiased flow, granting and withdrawing without warning. A reminder that what we hold dear is never guaranteed; the inevitability of change is the essence of existence. (1)(Pause)

tere jeea jeeaa kaa toh ||

All existence is a part of the omnipresent energy, and this energy embodies all creation.

kit kau saahib aaveh roh ||

So, towards whom does the all-pervading energy have displeasure?

je too saahib aaveh roh ||

If you get upset with the all-pervading energy.

Too onaa kaa tere oh ||2||

You are part of this energy, and it is part of you, reflecting that we are connected to whatever is happening around us, as we are all part of one universal energy. (2)

asee bolavigaaR vigaaReh bol ||

When our expressions are offensive and corrupt, our words become offensive.

too nadharee a(n)dhar toleh tol ||

Through awareness within, one can observe, measure, and evaluate thoughts and actions.

jeh karanee teh pooree mat ||

When these actions are implemented, one gains a comprehensive understanding, implying that engaging in self-reflection leads to comprehending one's inner nature.

karanee baajhahu ghaTe ghaT ||3||

Without this action, the understanding of the essence of existence lessens, indicating that a lack of contemplation leads to insufficient personal growth. (3)

pranavat naanak giaanee kaisaa hoi ||

Nanak says he earnestly seeks to understand the essence of a person who embodies true wisdom.

aap pachhaanai boojhai soi ||

It is the one who recognizes their true self, and comprehends their essence through inner guidance.

gur parasaadh kare beechaar ||

With the guidance of wisdom that dispels ignorance and provides awareness, they practice contemplation.

So giaanee dharageh paravaan ||4||30||

Such spiritually enlightened individuals honour their conscience, highlighting that sincere self-reflection can give spiritual clarity.(4)(30)

Essence: Guru Nanak offers insights into how all existence is a manifestation of the omnipresent energy that pervades creation. He reflects that if this energy flows through everything, then how can it be upset with anyone? And how can we harbour resentment toward the flow of nature when we ourselves are inseparable parts of it, too? The laws of nature operate impartially, giving and taking according to their own rhythm, maintaining the balance and harmony of the universe. Contemplation provides clarity on the unity in all things, enabling one to live in acceptance with the natural order and cultivate inner peace.

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