

Guru Nanak – Sabad 73
keetaa kahaa kare man maan ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 25

keetaa kahaa kare man maan ||
dhevanahaare kai hath dhaan ||
bhaavai dhei na dheiee soi ||
keete kai kahiaai kiaa hoi ||1||
aape sach bhaavai tis sach ||
a(n)dhaa kachaa kach nikach ||1|| rahaau ||
jaa ke rukh birakh aaraau ||
jehee dhaat tehaa tin naau ||
ful bhaau fal likhiaa pai ||
aap beej aape hee khai ||2||
kachee ka(n)dh kachaa vich raaj ||
mat aloonee fikaa saadh ||
naanak aane aavai raas ||
vin naavai naahee saabaas ||3||32||

Summary: Pride arises when the ego believes it is the sole creator of success. It blinds the mind, hiding the truth that our actions depend on many unseen forces. No one stands alone; time, guidance, and circumstances all shape the outcome. To forget this is to live in illusion. Clarity humbles us, showing that life unfolds as a shared flow. Vision allows us to see beneath appearances into deeper reality. Without vision, the mind clings to shallow praise and recognition. This immaturity keeps us restless and unsatisfied. For example, a farmer may boast of his harvest, forgetting the sun, rain, and soil that made it possible. True awareness dissolves pride, and in humility we discover balance, freedom, and peace.

Keetaa kahaa kare man maan ||

Why do we allow our minds to take pride in our actions? This question prompts us to reflect that our pride may be misguided, fueled by our ego, to assume we are the sole doers of our achievements.

dhevanahaare kai hath dhaan ||

Only the one who is capable of giving has the generosity of knowing how much and what to offer, highlighting that a true giver has the insight to provide unconditionally what the recipient deserves.

bhaavai dhei na dheiee soi ||

The giver determines what to offer or withhold, emphasising that attainment is based on what one deserves, rather than merely on effort or desire.

keete kai kahiaai kiaa hoi ||1||

What does it matter if someone claims they are the doers? This question exposes the vanity and emptiness of self-assertion, as claiming credit does not alter reality. (1)

aape sach bhaavai tis sach ||

Those who are truthful are pleased with what is true.

a(n)dhaa kachaa kach nikach ||1|| rahaau ||

Those who lack vision are immature, superficial, and lack clarity. (1)(Pause)

jaa ke rukh birakh aaraau ||

The type of plant determines its growth into a magnificent tree; this observation illustrates that our intentions shape our character.

jehee dhaat tehaa tin naau ||

According to its core characteristics, its name is determined, illustrating how our internal strengths and weaknesses manifest in our external behaviour.

ful bhaau fal likhiaa pai ||

The nature of the flower determines the fruit it bears, symbolizing that our state of mind influences our actions and their consequence.

aap beej aape hee khai ||2||

You plant the seed, and you yourself eat its fruit, highlighting that our actions determine what we receive in return.

kachee ka(n)dh kachaa vich raaj ||

A fragile wall holds a weak kingdom. A reminder that fragility in thought and self cannot support enlightenment.

mat aloonee fikaa saadh ||

A mind with a bland understanding is like experiencing a flavourless taste, symbolizing that without understanding the essence of life, its experiences remain insipid.

naanak aane aavai raas ||

Nanak says that everything we receive carries intrinsic value, a reminder that diverse experiences enrich our perspectives.

vin naavai naahee saabaas ||3||32||

Without self-reflection, we cannot achieve what is commendable. (3)(32)

Essence: Guru Nanak emphasises that every aspect of life holds its own profound significance, whether we acknowledge it or not. Each experience enriches our understanding and expands our ability to comprehend. A fragile mind struggles to carry the weight of wisdom, as true clarity demands inner strength and balance. Without the practice of reflection, life can become shallow, much like tasteless food; this superficial existence overlooks the deeper meanings of existence. Self-reflection transforms fleeting moments into lasting insights. Accomplishments, as a measure of commendation, lie not in external success, but in internal awareness, which brings us closer to peace and wholeness.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com