

Guru Nanak – Sabad 74
achhal chhalaiee neh chhalai neh ghaau kaTaaraa kar sakai ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 25

achhal chhalaiee neh chhalai neh ghaau kaTaaraa kar sakai ||
jiau saahib raakhai tiau rahai is lobhee kaa jeeau Tal palai ||1||
bin tel dheevaa kiau jalai ||1|| rahaau ||
pothee puraan kamaieeai ||
bhau vaTee it tan paieeai ||
sach boojhan aan jalaieeai ||2||
eih tel dheevaa iau jalai ||
kar chaanan saahib tau milai ||1|| rahaau ||
eit tan laagai baaneeai ||
sukh hovai sev kamaaneeai ||
sabh dhuneai aavan jaaneeai ||3||
vich dhuneai sev kamaieeai ||
taa dharageh baisan paieeai ||
kahu naanak baeh luddaieeai ||4||33||

Summary: Clarity and self-reflection are essential for maintaining a steady inner light; without them, the mind becomes restless, allowing illusions to take control. True awareness equips us against deception; when a mind anchors in clarity, depression loses grip. The strength of the self lies not in resisting, but in the ability to remain calm and unshaken in times of confusion and adversity. Life supports us in countless unseen ways, and wisdom lies in embracing this reality with gratitude rather than scepticism. Just as a flame requires fuel to burn, awareness cannot thrive without reflection and honesty. Reflection enhances insight, while honesty provides stability; together, they keep our inner light aglow. A restless mind flickers like a fragile flame, while a focused mind radiates with a quiet but powerful strength.

achhal chhalaiee neh chhalai neh ghaau kaTaaraa kar sakai ||
The undeceivable are not misled by deception, just as a dagger cannot wound an unyielding spirit, highlighting that spiritual clarity brings immunity to illusions, and serenity remains unimpacted.

jiau saahib raakhai tiau rahai is lobhee kaa jeeau Tal palai ||1||
In whatever way the universal energy sustains us, it deserves acceptance and embrace; however, those who are greedy have restless and unstable minds. (1)

bin tel dheevaa kiau jalai ||1|| rahaau ||

Without oil, how can the lamp stay lit? This metaphor illustrates that, without the essential quality of self-reflection, the light of awareness cannot be sustained. (1)(Pause)

pothee puraan kamaieeaa ||

One may study holy books and scriptures, but wisdom is earned when one practices what the texts point toward. This suggests that wisdom should be lived and not just ritualistically recited.

bhau vaTee it tan paieeaa ||

Imbibe the fear of digression within oneself, just as a wick fuels a lamp, reinforcing the truth that inner vigilance sustains awareness.

sach boojhan aan jalaieeaa ||2||

In recognition of what is the truth, light the lamp in its honour, symbolizing that reality deserves our reverence for the clarity and insight it provides. (2)

eih tel dheevaa iau jalai ||

This is the process by which the oil makes the lamp burn, highlighting that growth and fulfilment require consistent nourishment from meaningful intent.

kar chaanan saahib tau milai ||1|| rahaau ||

By embracing enlightenment, one connects with the supreme oneness, symbolizing that awareness allows the experience of universal unity. (1)(Pause)

eit tan laagai baaneeaa ||

When the words of wisdom resonate within us,

sukh hovai sev kamaaneeaa ||

one can experience peace through the practice of self-reflection.

sabh dhuneaa aavan jaaneeaa ||3||

Everything that comes into existence eventually comes to an end. (3)

vich dhuneaa sev kamaieeaa ||

Amidst the worldly affairs, obtain the ability to serve both yourself and others,

taa dharageh baisan paieeaa ||

Only then, the space to engage with one's conscience can be achieved, a reflection of self-actualisation that makes us capable of facing our true selves.

kahu naanak baeh luddaieeaaai ||4||33||

Nanak says swing your arms in joy, reflecting the radical bliss of embracing the innocence of authenticity. (4)(33)

Essence: Guru Nanak beautifully illustrates the childlike innocence that exists beyond the conditioned mind, much like a carefree child joyfully swinging their arms. By serving with honesty and reflecting inward, we can discover the joy of being our most authentic selves, which no illusion can diminish. He reminds us that, amid the distractions of worldly affairs, it is essential to cultivate the strength to serve both ourselves and others positively. This balance awakens our conscience to move towards self-actualisation, learning to face ourselves and joyfully embrace the world honestly.

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