

Guru Nanak – Sabad 78
machhulee jaal na jaaniaa sar khaaraa asagaahu ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 55

machhulee jaal na jaaniaa sar khaaraa asagaahu ||
at siaanee sohanee kiau keeto vesaahu ||
keete kaaran paakaRee kaal na Talai siraahu ||1||
bhaiee re iau sir jaanahu kaal ||
jiau machhee tiau maanasaa pavai achi(n)taa jaal ||1|| rahaau ||
sabh jag baadho kaal ko bin gur kaal afaar ||
sach rate se ubare dhubidhaa chhodd vikaar ||
hau tin kai balihaaranai dhar sachai sachiaar ||2||
seechaane jiau pa(n)kheea jaalee badhik haath ||
gur raakhe se ubare hor faathe chogai saath ||
bin naavai chun suTe'eeh koi na sa(n)gee saath ||3||
sacho sachaa aakheeaai sache sachaa thaana ||
jinee sachaa ma(n)niaa tin man sach dhiaan ||
man mukh sooche jaane'eeh gurmukh jinaa giaan ||4||
satigur agai aradhaas kar saajan dhehi milai ||
saajan miliaai sukh paiaa jamadhoot mue bikh khai ||
naavai a(n)dhar hau vasaa(n) naau vasai man aai ||5||
baajh guroo gubaar hai bin sabadhai boojh na pai ||
gurmatee paragaas hoi sach rahai liv lai ||
tithai kaal na sa(n)charai jotee jot samai ||6||
too(n)hai saajan too(n) sujaan too(n) aape melanahaar ||
gur sabadhee saalaahaeaai a(n)t na paaraavaar ||
tithai kaal na apaRai jithai gur kaa sabadh apaar ||7||
hukamee sabhe uopajeh hukamee kaar kamaeh ||
hukamee kaalai vas hai hukamee saach samaeh ||
naanak jo tis bhaavai so theeaai inaa ja(n)taa vas kichh naeh ||8||4||

Summary: Like a moth attracted to a flame, we often fall prey to desires that consume us. In pursuing them, we mistake these fleeting illusions for lasting light, leaving us empty and dulling our spirits. Even the wisest can stumble under its lure. This downfall reveals that no wealth, power, or knowledge can shield us from the erosion of conscience. Only self-awareness can return us to what is real and help us regain balance. When the veil of illusion lifts, we rediscover the quiet glow of contentment that has always been shining within.

machhulee jaal na jaaniaa sar khaaraa asagaahu ||
The fish does not realise the net, in the salty, unfathomable depths of the ocean.
This mirrors a life, entangled in desires and illusions, unaware of its consequences.

at siaanee sohanee kiau keeto vesaahu ||

Exceptionally clever yet ensnared by delusion, why did it place trust? This question highlights that greed cannot save one from inner downfall.

keete kaaran paakaRee kaal na Talai siraahu ||1||

Just as the fish falls into the net, so do humans in ignorance fall into the trap of spiritual death. Without self-awareness, we easily succumb to the pitfalls of ego and desire. (1)

bhaiee re iau sir jaanahu kaal ||

O fellow being, be aware that death always looms above us. This thought reminds us that life's unpredictability calls for mindfulness and a humble disposition.

jiau machhee tiau maanasaa pavai achi(n)taa jaal ||1|| rahaau ||

Just as the fish falls into the net, so do humans in ignorance fall into the trap of spiritual death. Without self-awareness, we can become entangled with our ego and desires. (1)(Pause)

sabh jag baadho kaal ko bin gur kaal afaar ||

The whole world is bound by time without understanding the essence of existence; time seems unendurable.

sach rate se ubare dhubidhaa chhodd vikaar ||

Those immersed in truthfulness achieve liberation from dilemmas and release themselves from negative thoughts.

hau tin kai balihaaranai dhar sachai sachiaar ||2||

I am devoted to those who remain true to their inner reality and are truthful, this commitment to authentic living encourages others to pursue integrity. (2)

seechaane jiau pa(n)kheea jaalee badhik haath ||

Like a hawk preying on a bird, the hunter holds the net to capture. These examples illustrate that temptations can become traps if one does not critically reflect on their consequences.

gur raakhe se ubare hor faathe chogai saath ||

Those who embody the essence of wisdom are enlightened, while others become entrapped by temptations. A realization that a lack of self-reflection can lead to spiritual decline.

bin naavai chun suTe'eeh koi na sa(n)gee saath ||3||

Due to the lack of contemplation, they are picked and discarded, without any companions beside them. Metaphorically, this illustrates ignorance as a punishment, as the absence of awareness leaves one without spiritual support. (3)

sacho sachaa aakheesai sache sachaa thaani ||

Those who are truthful acknowledge the truth; for them, the truth is their true dwelling. This highlights that aligning with the reality of oneness fosters a mindset that harbours unity.

jinee sachaa ma(n)niaa tin man sach dhiaani ||

Those who recognize the reality of omnipresent energy accept it through sincere contemplation. This highlights that only personal effort and experiences can lead to meaningful insights.

man mukh sooche jaane'eeh gurmukh jinaa giaani ||4||

Thoughts of the mind and words of those who are spiritually enlightened reflect purity, arising from their profound wisdom. (4)

satigur agai aradhaas kar saajan dhehi milai ||

Offer supplication before the true wisdom that is a guide from ignorance to awareness, and seek to unite with the beloved. This is a humble quest for unity with one's conscience, the sincere and eternal companion.

saajan miliaai sukh paiaa jamadhoot mui bikh khai ||

The virtuous, in union with positivity, gain peace; those with destructive intent perish spiritually, consumed by negativity.

naavai a(n)dhari hau vasaa(n) naau vasai man aai ||5||

I dwell in contemplation, and self-reflection comes to reside in my mind. This scenario reveals that positive intentions become a habit for mindful actions. (5)

baajh guroo gubaa hai bin sabadhai boojh na pai ||

Without the wisdom that serves as a beacon for awareness, there is the darkness of ignorance; without spiritual dialogue, we cannot grasp the essence of wisdom.

gurmatee paragaas hoi sach rahai liv lai ||

When the insights of wisdom illuminate, one remains absorbed in contemplating the essence of truth.

tithai kaal na sa(n)charai jotee jot samai ||6||

The concept of time does not exist where one's conscience merges with universal consciousness. This reflects a state of mindfulness, where a sense of unity replaces worries about mortality. (6)

too(n)hai saajan too(n) sujaan too(n) aape melanahaar ||

You are the companion, you are the all-knowing, you are the unifying force; these attributes represent the omnipresent universal consciousness.

gur sabadhee saalaahēēēēē a(n)t na paaraavaar ||

Value the internal wisdom that expresses insights; its depth has no limits or boundaries.

tithai kaal na apaRai jithai gur kaa sabadh apaar ||7||

That realm remains untouched by destruction, where there is an internal wisdom of insights that flows endlessly. (7)

hukamee sabhe uoopajeh hukamee kaar kamaeh ||

Through the will of nature, everything comes into existence, and according to universal laws, creations perform their activities.

hukamee kaalai vas hai hukamee saach samaeh ||

The laws of nature govern time, and within this universal principle lies the truth of existence. This signifies that life, from birth to events and death, is part of a larger law that transcends individual will.

naanak jo tis bhaavai so theēēēēē inaa ja(n)taa vas kichh naeh ||8||4||

Nanak says that whatever is appropriate for universal laws occurs naturally; no being can govern any of these natural processes. (8)(4)

Essence: Guru Nanak expresses that everything in existence moves according to the natural laws of the universe, unfolding effortlessly in its own rhythm. The rising of the sun, the flow of rivers, and the blooming of flowers all follow this inherent order. He reminds us that no power, authority, or desire can change these deeper processes that sustain life. When we align ourselves with this natural flow, we recognize that we are participants, not controllers. This alignment helps us cultivate humility, thereby lessening our resistance to life's natural progression.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com