

Guru Nanak - Sabad 8
teerath naavaa je tis bhaavaa vin bhaane ke nai karee
Jap, Guru Nanak, Guru Granth Sahib, 2

teerath naavaa je tis bhaavaa vin bhaane ke nai karee ||
jetee sirath upaiee vekhaa vin karmaa ke milai laee ||
mat vich ratan javaahar maanik je ik gur kee sikh sunee ||
guraa ik deh bujhaiee ||
sabhanaa jeeaa kaa ik daataa so mai visar na jaiee ||6||

Summary: Mindfulness can be a transformative journey that directs critical thinking and enhances attention to actions. It fosters self-awareness and connects to spiritual growth over mere adherence to customary practices.

teerath naavaa je tis bhaavaa vin bhaane ke nai karee ||
Practice ritualistic adherence if it could evoke goodness; do not indulge in ritualism if it does not support virtuous awareness.

jetee sirath upaiee vekhaa vin karmaa ke milai laee ||
All beings are created by nature; without mindfulness, what can they benefit?

mat vich ratan javaahar maanik je ik gur kee sikh sunee ||
Wisdom holds valuable treasures which can be owned only when the learnings are imbibed.

guraa ik deh bujhaiee ||
The wisdom, that dispels the darkness of ignorance provides the light of oneness.

sabhanaa jeeaa kaa ik daataa so mai visar na jaiee ||6||
There is only One creator of all the beings, and I should not forget this truth. (6)

Essence: Guru Nanak says practicing mindfulness deepens interconnectedness. It helps to discover the true self and connect with the divine essence of Oneness.

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

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