

**Guru Nanak – Sabad 82**  
**sun man bhoole baavare gur kee charanee laag ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 57**

sun man bhoole baavare gur kee charanee laag ||  
har jap naam dhiaai too jam ddarapai dhukh bhaag ||  
dhookh ghano dhohaagane kiau thir rahai suhaag ||1||  
bhaiee re avar naahee mai thaau ||  
mai dhan naam nidhaan hai gur dheea bal jaau ||1|| rahaau ||  
gurmat pat saabaas tis tis kai sa(n)g milaau ||  
tis bin ghaRee na jeevuoo bin naavai mar jaau ||  
mai a(n)dhule naam na veesarai Tek Tikee ghar jaau ||2||  
guroo jinaa kaa a(n)dhulaa chele naahee Thaau ||  
bin satigur naau na paieeaa bin naavai kaa suaau ||  
aai giaa pachhutaavanaa jiau su(n)n(j)ai ghar kaau ||3||  
bin naavai dhukh dhehuree jiau kalar kee bheet ||  
tab lag mahal na paieeaa jab lag saach na cheet ||  
sabadh rapai ghar paieeaa nirabaanee padh neet ||4||  
hau gur poochhau aapane gur puchh kaar kamaau ||  
sabadh salahee man vasai haumai dhukh jal jaau ||  
sahaje hoi milaavaRaa saache saach milaau ||5||  
sabadh rate se niramale taj kaam karodh aha(n)kaar ||  
naam salaahan sadh sadhaa har raakheh ur dhaar ||  
so kiau manahu visaareeaa sabh jeeaa kaa aadhaar ||6||  
sabadh marai so mar rahai fir marai na dhoojee vaar ||  
sabadhai hee te paieeaa har naame lagai piaar ||  
bin sabadhai jag bhooolaa firai mar janamai vaaro vaar ||7||  
sabh saalaahai aap kau vaddahu vadderee hoi ||  
gur bin aap na cheeneeaa kahe sune kaa hoi ||  
naanak sabadh pachhaaneeaa haumai karai na koi ||8||8||

**Summary:** When we lose something integral to our true selves, it creates a profound emptiness within us. We may regret the choices we made in pursuit of fleeting things instead of valuing what endures. It's like a crow wandering through an empty house, desperately searching for food that once existed, a reminder of what we failed to appreciate. The ambitions we chase, such as identity, success, recognition, or control, may seem important, but they inevitably fade away. However, this emptiness does not signify an end; instead, it can serve as a new beginning if we acknowledge the truth and engage in meaningful self-reflection. It is an opportunity to look within and rediscover our authentic selves, which thrive on nurturing values that withstand the test of time.

sun man bhoole baavare gur kee charanee laag ||

Listen, O deluded and wandering mind, with humility embrace the essence of wisdom.

har jap naam dhiaai too jam ddarapai dhukh bhaag ||

When one practices awareness, introspection, and contemplation of the all-pervading oneness, the grip of negativity, fear, and suffering begins to dissolve.

dhookh ghano dhohaaganee kiau thir rahai suhaag ||1||

There is immense suffering for the unfortunate spouse who is separated from their beloved; how can they have an everlasting union? This highlights a disconnect from one's true self, which causes distress from unfulfillment. (1)

bhaiee re avar naahee mai thaau ||

O fellow being, I have no other place of refuge; this is a reminder that solace is only found in self-awareness.

mai dhan naam nidhaan hai gur dheea bal jaau ||1|| rahaau ||

My wealth is introspection, which is a treasure, granted by the wisdom for which I am grateful. (1)(Pause)

gurmat pat saabaas tis tis kai sa(n)g milaau ||

The understanding that arises from the wisdom that guides from ignorance to bliss is honourable; may we gain an alliance with such experience.

tis bin ghaRee na jeevuoo bin naavai mar jaau ||

Without the awareness of the universal source, I cannot live even for a moment; without self-reflection, I spiritually perish.

mai a(n)dhule naam na veesarai Tek Tikee ghar jaau ||2||

I am ignorant; may I not forget contemplation, as it is my support and security in reaching the abode of my true self.

guroo jinaa kaa a(n)dhulaa chele naahee Thaau ||

If a teacher lacks vision, students cannot find grounding; this illustrates that without spiritual insight, both the mentor and the seeker remain directionless.

bin satigur naau na paieeaai bin naavai kiaa suaau ||

Without true wisdom that guides from ignorance to awareness, gaining self-reflection is impossible; and without self-awareness, what is our purpose?

aai giaa pachhutaavanaa jiau su(n)n(j)ai ghar kaau ||3||

When something inherent disappears, it creates disappointment, much like a crow in an abandoned house. This reflects the regret of losing our innate universal values in the pursuit of illusory attractions, leaving our conscience devoid of what truly matters. (3)

bin naavai dhukh dhehuree jiau kalar kee bheet ||

Without the support of self-reflection, one reaches a threshold of suffering akin to a fragile wall of clay that can easily crumble.

tab lag mahal na paieeai jab lag saach na cheet ||

One does not attain the comfort of an inner abode until truth abides within the conscience.

sabadh rapai ghar paieeai nirabaanee padh neet ||4||

Being imbued with the essence of wisdom, we attain an abode of self-realization where spiritual awareness becomes an eternal status of existence.

hau gur poochhau aapane gur puchh kaar kamaau ||

Seek the guidance of your innate wisdom and take action based on the insights gained. This suggests that reflecting on choices brings clarity to the decision-making process.

Sabadh salaahae man vasai haumai dhukh jal jaau ||

When the essence of wisdom is honoured and absorbed into the conscience, the distress caused by the ego is extinguished.

sahaje hoi milaavaRaa saache saach milaau ||5||

Union emerges from a state of equilibrium, and through honesty, universal truth is attained; this speaks of leading one's life with authenticity and equipoise to achieve harmony. (5)

sabadh rate se niramale taj kaam karodh aha(n)kaar ||

Those who immerse themselves in the essence of spiritual words become pure by letting go of lust, anger, and ego. This shows that purity of intention arises when we transcend negative thoughts.

naam salaahan sadh sadhaa har raakheh ur dhaar ||

When self-reflection is consistently valued, the unity of the all-pervading force is always embraced as a source of sustenance. This symbolizes that praise is not merely a verbal devotion; it requires a continuous flow of self-actualization.

so kiau manahu visaareeaaai sabh jeeaa kaa aadhaar ||6||

How can one forget the omnipresent awareness that is the very sustenance and foundation of all existence? This is a reminder not to lose sight of the values that sustain inner peace. (6)

sabadh marai so mar rahai fir marai na dhoojee vaar ||

Through the essence of wisdom, when the ego perishes, it leads to the death of their false self, and they never experience spiritual death again. This symbolises the dissolution of duality and illusion into the light of immortal awareness.

sabadhai hee te paieeaaai har naame lagai piaar ||

Only by gaining the essence of wisdom can one connect with contemplating the presence of the all-pervading source with love.

bin sabadhai jag bhooolaa firai mar janamai vaaro vaar ||7||

Without the insightful wisdom, the world wanders in ignorance, repeating the cycle of death and rebirth of attributes. This highlights that without mindfulness, we repeat endless patterns of conscious and unconscious living. (7)

sabh saalaahai aap kau vaddahu vadderee hoi ||

Everyone praises themselves, assuming they are the greatest of the great; this mindset reveals that vanity limits learning and humility.

gur bin aap na cheeneeaaai kahe sune kiai hoi ||

Without spiritual insights, self-awareness remains elusive; merely engaging in listening and talking, what can be accomplished? This highlights the ambiguity that arises when interactions with oneself and others are superficial.

naanak sabadh pachhaaneeaaai haumai karai na koi ||8||8||

Nanak says that recognizing the essence of spiritual wisdom eliminates the influence of any form of ego. (8)(8)

**Essence:** Guru Nanak reveals that the ego appears in subtle forms that hinder our awareness of unity within ourselves and the world. It starts with the illusion of separateness, the false belief that "I" am distinct and superior to others. This misconception leads to various egos: the intellectual ego, which takes pride in knowledge; the emotional ego, which clings to attachments; the material ego, which identifies with status; and the spiritual ego, which embodies arrogance about one's faith and piety. The ego drives us to seek control and recognition, creating barriers to peace and the pursuit of truth. Guru Nanak emphasizes that overcoming the ego requires acknowledging that all existence flows from a singular, omnipresent force that connects us all.

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