

Guru Nanak – Sabad 83
bin pir dhan seegaareeaaai joban baadh khuaar ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 58

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naa maane sukh sejaRee bin pir baadh seegaar ||
dhookh ghano dhohaaganee naa ghar sej bhataar ||1||
man re raam japahu sukh hoi ||
bin gur prem na paieeaaai sabadh milai ra(n)g hoi ||1|| rahaau ||
gur sevaa sukh paieeaaai har var sahaj seegaar ||
sach maane pir sejaRee gooRaa het piaar ||
gurmukh jaan sin(j)aaneeaaai gur melee gun chaar ||2||
sach milahu var kaamanee pir mohee ra(n)g lai ||
man tan saach vigasiaa keemat kahan na jai ||
har var ghar sohaaganee niramal saachai nai ||3||
man meh manooaa je marai taa pir raavai naar ||
eikat taagai ral milai gal moteean kaa haar ||
sa(n)t sabhaa sukh uopajai gurmukh naam adhaar ||4||
khin meh upajai khin khapai khin aavai khin jai ||
sabadh pachhaanai rav rahai naa tis kaal sa(n)tai ||
saahib atul na toleeaaai kathan na paiaa jai ||5||
vaapaaree vanajaariaa aae vajahu likhai ||
kaar kamaaveh sach kee laahaa milai rajai ||
poo(n)jee saachee gur milai naa tis til na tamai ||6||
gurmukh tol tuolaisee sach taraajee tol ||
aasaa manasaa mohanee gur Thaakee sach bol ||
aap tulaae tolasee poore poora tol ||7||
kathanai kahan na chhuTeeaaai naa paR pusatak bhaar ||
kaiaa soch na paieeaaai bin har bhagat piaar ||
naanak naam na veesarai mele gur karataar ||8||9||

Summary: Rooted in Indic philosophy, the four virtues empower us to awaken our inner qualities through self-awareness and righteousness. *Daya* fosters compassion by recognizing the divine essence in all beings. *Sat* encourages truthfulness by aligning our intentions and actions. *Santokh* cultivates contentment by nurturing gratitude, freeing us from restless desires. *Vivek* sharpens our discernment, helping us distinguish truth from illusion and make informed, wise choices. Embracing these attributes fosters mindful living and a balanced, awakened existence.

bin pir dhan seegaareeaaai joban baadh khuaar ||
Without a spouse, a partner's adornment and youth are a waste; this reveals the futility of external show without an inner connection.

naa maane sukh sejaRee bin pir baadh seegaar ||

The decorated wedding bed brings no joy; without the beloved, all adornment is in vain. This symbolises the readiness to unite with awareness; however, without embracing our true self, all inclinations lose meaning.

dhookh ghano dhohaaganee naa ghar sej bhataar ||1||

The unfortunate spouse suffers deeply as the beloved does not reside in the home. This highlights how inner disconnection can lead to spiritual emptiness. (1)

man re raam japahu sukh hoi ||

O mind, reflect upon the all-pervading presence in this remembrance; peace is found. This suggests that turning inward fosters clarity of unity, allowing every moment to radiate calm.

bin gur prem na paieeai sabadh milai ra(n)g hoi ||1|| rahaau ||

Without the essence of wisdom, love cannot be attained. When spiritual insights are realized, ecstasy emerges. This suggests that bliss arises from unity, not division. (1)(Pause)

gur sevaa sukh paieeai har var sahaj seegaar ||

By dedicating oneself to the essence of wisdom, peace can be achieved, allowing the beloved, all-pervading awareness to become inner adornment with equipoise. This means aligning our thoughts through contemplation, which enables the effortless expression of our innate attributes.

sach maane pir sejaRee gooRaa het piaar ||

The spouse truly enjoys the beloved, driven by love that is profound. This reflects the joy of embracing one's true self with a deep intention to elevate universal awareness.

gurmukh jaan sin(j)aaneeai gur melee gun chaar ||2||

The individual attuned to wisdom understands that through spiritual insights, they can achieve the fourfold virtues. This represents embodying fulfilling qualities such as truthfulness, discernment, and contentment. (2)

sach milahu var kaamanee pir mohee ra(n)g lai ||

When a spouse truthfully accepts their partner, the beloved becomes enchanting and brings joy. This symbolizes that when we respect the all-pervading awareness by embracing the laws of nature, it leads to universal harmony and peace.

man tan saach vigasiaa keemat kahan na jai ||

When the mind and body find pleasure in being truthful, its value is beyond expression. This indicates that liberation, arising from honesty, is so profound that it transcends mere words.

har var ghar sohaagane niramal saachai nai ||3||

The all-pervading, beloved awareness resides within the conscience of those fortunate enough to recognize that purity can be achieved through the practice of contemplation. (3)

man meh manooaa je marai taa pir raavai naar ||

When the ego in the mind perishes, only then does the spouse unite joyfully with the beloved. This suggests that when the self-centeredness of 'I, me, and mine' fades, it brings a harmonious connection with all-encompassing awareness.

eikat taagai ral milai gal moteean kaa haar ||

When strung together on a single thread, scattered pearls unite into a radiant necklace, symbolizing the completeness that arises when diverse life forms, each with their unique qualities, align with eternal universal unity.

sa(n)t sabhaa sukh uopajai gurmukh naam adhaar ||4||

In the presence of spiritually awakened individuals, peace flourishes; those attuned to wisdom find their support through contemplation. (4)

khin meh upajai khin khapai khin aavai khin jai ||

It appears for a moment and disappears in the next; it arrives in an instant and leaves in a flash. This cycle of arising and fading reflects the dynamic nature of our emotions, thoughts, and attachments, highlighting the importance of understanding their impermanence.

sabadh pachhaanai rav rahai naa tis kaal sa(n)tai ||

Those who recognize the essence of wisdom and contemplate it find themselves untroubled by the passage of time. This serves as a reminder that awareness empowers us to remain resilient in the face of change.

saahib atul na toleeaai kathan na paiaa jai ||5||

The eternal and all-encompassing source is immeasurable and cannot be quantified; no words can fully convey or capture its presence. This serves as a reminder to approach the mystery of existence with humility, embracing awe rather than certainty and judgment. (5)

vaapaaree vanajaariaa aae vajahu likhai ||

The traders have come to engage in the merchandise they are responsible for handling. This metaphor reminds us that the world is a vibrant marketplace, where each element of nature contributes to the diversity of our collective experiences.

kaar kamaaveh sach kee laahaa milai rajai ||

Those whose actions entail practising truthfulness gain the profit of living in harmony with the will of nature.

poo(n)jee saachee gur milai naa tis til na tamai ||6||

Those who gain truthfulness as a capital through wisdom that guides them from ignorance to awareness do not harbour a single iota of greed even for a moment. (6)

gurmukh tol tuolaisee sach taraajee tol ||

Those who are attuned to wisdom examine and weigh their intentions, measuring them on the scale of truth. This reflects a commitment to living in harmony with one's conscience and upholding integrity.

aasaa manasaa mohanee gur Thaaakee sach bol ||

Expectations and desires can be enticing, but they can be mitigated by the essence of wisdom, which expresses truth. This indicates that ignorance may deepen the pain of unfulfilled expectations, while uncontrolled desires can easily mislead us.

aap tulaae tolasee poore pooraa tol ||7||

When one measures their worth through self-reflection, they can assess themselves thoroughly and holistically. This conveys that meaningful contemplation can lead to genuine efforts to uplift one's actions and intentions. (7)

kathanai kahan na chhuTeeai naa paR pusatak bhaar ||

Merely proclaiming and offering discourses does not lead to liberation, nor does reading numerous scriptures.

kaiaa soch na paieeai bin har bhagat piaar ||

One's existence cannot achieve clarity in thoughts without devotion and love for the all-pervading oneness.

naanak naam na veesari mele gur karataar ||8||9||

Nanak says that self-reflection may never be forgotten, and to attain the wisdom that embodies the essence of the all-pervading creative force. (8)(9)

Essence: Guru Nanak mentions that the allure of our expectations and desires greatly influences how we perceive life. Unexamined expectations can lead to disappointment and resentment, while unchecked desires can cloud our judgment. Through self-reflection, we can identify what truly matters versus what is an illusion. This clarity allows us to soften our expectations and manage our desires, enabling us to navigate life with greater balance and deeper insight.

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