

**Guru Nanak – Sabad 84**  
**satigur pooraa je milai paieeaaai ratan beechaar ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 59**

satigur pooraa je milai paieeaaai ratan beechaar ||  
man dheejai gur aapane paieeaaai sarab piaar ||  
mukat padhaarath paieeaaai avagan meTanahaar ||1||  
bhaiee re gur bin giaan na hoi ||  
poochhahu brahame naaradhai bedh biaasai koi ||1|| rahaau ||  
giaan dhiaan dhun jaaneeaaai akath kahaavai soi ||  
safalio birakh hareeaavalaa chhaav ghaneree hoi ||  
laal javehar maanakee gur bha(n)ddaarai soi ||2||  
gur bha(n)ddaarai paieeaaai niramal naam piaar ||  
saacho vakhar sa(n)cheeaaai poorai karam apaar ||  
sukhadhaataa dhukh meTano satigur asur sa(n)ghaar ||3||  
bhavajal bikham ddaraavano naa ka(n)dhee naa paar ||  
naa beRee naa tulahaRaa naa tis va(n)jh malaar ||  
satigur bhai kaa bohithaa nadharee paar utaar ||4||  
eik til piaaraa visarai dhukh laagai sukh jai ||  
jihavaa jalau jalaavane naam na japai rasai ||  
ghaT binasai dhukh agalo jam pakaRai pachhutai ||5||  
merree merree kar ge tan dhan kalat na saath ||  
bin naavai dhan baadh hai bhoolo maarag aath ||  
saachau saahib seveeaaai gurmukh akatho kaath ||6||  
aavai jai bhavaieeaaai piaai kirat kamai ||  
poorab likhiaa kiau meTeeaaai likhiaa lekh rajai ||  
bin har naam na chhuTeeaaai gurnamat milai milai ||7||  
tis bin meraa ko nahee jis kaa jeeau paraan ||  
haumai mamataa jal balau lobh jalau abhimaan ||  
naanak sabadh veechaareeaaai paieeaaai gunee nidhaan ||8||10||

**Summary:** Reflective deliberation is a practice that combines two mental processes. Reflection involves examining our thoughts, feelings, and experiences to gain a deeper understanding of our circumstances. Meanwhile, deliberation focuses on carefully weighing options to have clarity before making decisions. Engaging in reflective deliberation can reduce suffering by allowing us to pause and gauge our responses to situations. This approach prevents impulsive reactions and guides us toward actions that enhance universal well-being. By embracing reflective deliberation, we can cultivate a more peaceful and harmonious environment.

satigur pooraa je milai paieeaaai ratan beechaar ||

When the true essence of wisdom is fully comprehended, the priceless jewel of reflection and deliberation is obtained.

man dheejai gur aapane paieeaaai sarab piaar ||

Submit your mind to your inherent wisdom, and you will discover love for all creation. This embodies the highest state of awareness that the same source exists within every being.

mukat padhaarath paieeaaai avagan meTanahaar ||1||

When the source of liberation is gained, it eliminates shortcomings. This reinforces the idea that honest reflection, coupled with mindful actions, can dissolve our limitations. (1)

bhaiee re gur bin giaan na hoi ||

O fellow beings, without gaining the essence of knowledge, there is no true wisdom.

poochhahu brahame naaradhai bedh biaasai koi ||1|| rahaau ||

Ask Brahma, Narad, or Ved Vyasa, the symbolic representation of creation, devotion, and scriptural wisdom. This metaphorically illustrates that comprehending, imbibing, and sharing experiential insights are fundamental to spiritual awareness. (1)(Pause)

giaan dhiaan dhun jaaneeaaai akath kahaavai soi ||

Wisdom, along with contemplation, provides an understanding of the melody of inner harmony, a resonance that can be felt inwardly yet remains indescribable in words.

safalio birakh hareea avalaa chhaav ghaneree hoi ||

A thriving tree is lush and green, which provides ample shade. This symbolises a successful individual as someone with attributes that nurture unity and cultivate peace.

laal javehar maanakee gur bha(n)ddaarai soi ||2||

Rubies, jewels, and pearls, such treasures lie within the treasury of spiritual insights. This metaphor reveals that priceless qualities already dwell within one's conscience, waiting to be uncovered through sincere self-effort and mindful reflection. (2)

gur bha(n)ddaarai paieeaaai niramal naam piaar ||

From the treasury of the essence of wisdom, one gains clarity and love for the practice of self-reflection.

saacho vakhar sa(n)cheeaaai poorai karam apaar ||

By embracing truthfulness as a valuable asset, you can cultivate wholesome attributes that are limitless.

sukhadhaataa dhukh meTano satigur asur sa(n)ghaar ||3||

The source of peace and the alleviator of suffering represent the true essence of wisdom that eradicates our demons. In this context, “demons” symbolize the inner vices of ego, anger, greed, and delusion, which can be overcome by embracing spiritual insights. (3)

bhavajal bikham ddaraavano naa ka(n)dhee naa paar ||

The world seems like a terrifying ocean, with neither a near shore on this side nor the other to reach across. This reflects a fearful mind, unaware of its divine essence, unable to find stability in the present or direction for the future, trapped by illusory desires.

naa beRee naa tulahaRaa naa tis va(n)jh malaar ||

There is no boat, no raft, no oars and no boatman to ferry across. This symbolises that, during our physical existence, our spiritual journey can only be achieved through self-realisation, not through external rituals.

satigur bhai kaa bohithaa nadharee paar utaar ||4||

The true essence of wisdom is a ship that graciously ferries you beyond worldly fears. This represents the ability to see through illusions, guiding you on a journey toward understanding the truth. (4)

eik til piaaraa visarai dhukh laagai sukh jai ||

Even for a moment, if the beloved innate awareness is forgotten, pain arises, and peace departs.

jihavaa jalau jalaavane naam na japai rasai ||

Let that tongue burn which fails to taste the essence of contemplation. This expresses a disregard for words arising from a lack of oneness, gratitude, and empathy.

ghaT binasai dhukh agalo jam pakaRai pachhutai ||5||

When our inner positive attributes perish, suffering follows as negativity takes hold, leading to repentance in vain. (5)

merree merree kar ge tan dhan kalat na saath ||

Proclaiming "mine, mine," they departed, yet body, wealth, and family did not accompany them. This reveals the ego's illusion of separation; everything exists as a part of shared consciousness.

bin naavai dhan baadh hai bhoolo maarag aath ||

Without self-reflection, any form of accomplishment is purposeless; in ignorance, one follows the path of material wealth. This reflects that success without meaningful intentions leads to emptiness.

saachau saahib seveeaaai gurmukh akatho kaath ||6||

Committed to the truth of the sovereignty of the all-pervading source, those attuned to wisdom embody what can't be expressed. This reflects a life where truth is not only preached but also lived, radiating silently through one's being. (6)

aavai jai bhavaieeaaai piaai kirat kamai ||

Oscillating between positivity and negativity causes an individual to wander in confusion, which is a manifestation of their actions. This suggests that our deeds shape what we inherit, which defines our journey through life.

poorab likhiaa kiau meTeeaaai likhiaa lekh rajai ||

How can we transform the consequences of our past actions? The answer is to align ourselves with the laws of nature. This serves as a reminder that by reflecting on our choices, we can address their impacts with humility and awareness.

bin har naam na chhuTeeaaai gurmat milai milai ||7||

Without contemplating the all-pervading source, one is not liberated; it is through the intellect that embodies the essence of wisdom that enlightenment is attained, and unity is gained. (7)

tis bin meraa ko nahee jis kaa jeeau paraan ||

Besides the all-pervading energy, there is no other to whom my life and breath belong; this reinforces the reality that everything we see is temporary, except for the awareness, which remains unseen.

haumai mamataa jal balau lobh jalau abhimaan ||

Let ego and possessiveness burn; let greed and pride burn too. This is a call for self-actualisation, the essence of letting go, embracing humility, and practising mindfulness.

naanak sabadh veechaareeaaai paieeaaai gunee nidhaan ||8||10||

Nanak says that by reflecting on spiritual insights, one attains the treasure of virtues. (8)(10)

**Essence:** Guru Nanak highlights that the illusion of ownership and attachment often governs human existence. However, true belonging transcends mere possessions; it emerges from recognizing our interconnectedness. In this light, nothing is truly "mine," as everything contributes to a greater whole. This understanding challenges the prevalent notion that holding power influences our existence. Thus, to cultivate this spiritual awareness, it is vital to seek, embody, and share experiential wisdom actively.

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