

Guru Nanak – Sabad 86
manmukh bhulai bhulaieeaaai bhoolee Thaur na kai ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 60

manmukh bhulai bhulaieeaaai bhoolee Thaur na kai ||
gur bin ko na dhikhaaviee a(n)dhee aavai jai ||
giaan padhaarath khoiaa Thagiaa muThaa jai ||1||
baabaa maiaa bharam bhulai ||
bharam bhulee ddohaagane naa pir a(n)k samai ||1|| rahaau ||
bhoolee firai dhisa(n)taree bhoolee girahu taj jai ||
bhoolee ddoo(n)gar thal chaRai bharamai man ddolai ||
dhurahu vichhu(n)nee kiau milai garab muThee bilalai ||2||
vichhuRiaa gur melasee har ras naam piaar ||
saach sahaj sobhaa ghanee har gun naam adhaar ||
jiau bhaavai tiau rakh too(n) mai tujh bin kavan bhataar ||3||
akhar paR paR bhuleeaaai bhekhee bahut abhimaan ||
teerath naataa kiaa kare man meh mail gumaan ||
gur bin kin samajhaieeaaai man raajaa sulataan ||4||
prem padhaarath paieeaaai gurmukh tat veechaar ||
saa dhan aap gavaiaa gur kai sabadh seegaar ||
ghar hee so pir paiaa gur kai het apaar ||5||
gur kee sevaa chaakaree man niramal sukh hoi ||
gur kaa sabadh man vasiaa haumai vichahu khoi ||
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karam milai taa paieeaaai aap na liaa jai ||
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sache setee ratiaa sacho palai pai ||7||
bhulan a(n)dhar sabh ko abhul guroo karataar ||
gurmat man samajhaiaa laagaa tisai piaar ||
naanak saach na veesarai mele sabadh apaar ||8||12||

Summary: When reflecting on the nature of human awareness, we realize that our conscience can expand outward, connecting us to the vast, interconnected reality of existence. However, when the ego takes control, we retreat into a self-centred state that distorts our perception and limits our understanding. This self-centeredness clouds our conscience, making it difficult to appreciate the harmony present in all things. Without self-reflection, we risk misinterpreting reality. In this state, the ego acts like a spouse unwilling to compromise; it obscures clarity of conscience, restricts the openness of love, and diminishes unity, resulting in distance rather than harmony. This internal imbalance fosters confusion and instability. Only humility can restore this balance, as a relationship can flourish when partners reconnect by shedding their notions of a superior self. Through this shift, clarity, unity, and deeper understanding naturally emerge. Ultimately,

transcendence begins when we move beyond the narrow focus of the self and perceive reality as a single, interconnected whole.

manmukh bhulai bhulaieeaaai bhoolee Thaur na kai ||

Those who are self-centred often drift into ignorance, leading others astray and losing a firm foundation. This serves as a reminder that when we disconnect from self-reflection, we invite confusion and instability into our lives.

gur bin ko na dhikhaaviee a(n)dhee aavai jai ||

Except for the essence of wisdom, nothing can illuminate the path; trapped in ignorance, one remains in the cycle of spiritual progression and regression.

giaan padhaarath khoiaa Thagiaa muThaa jai ||1||

When one loses the invaluable treasure of knowledge, they find themselves spiritually deceived and adrift. This illustrates that without embracing the essence of our innate virtues, we risk losing our true path. (1)

baabaa maiaa bharam bhulai ||

O wise beings, illusions lead to doubts, and one becomes disillusioned. This shows that chasing surface-level pursuits diverts us from our true intentions.

bharam bhulee ddohaagane naa pir a(n)k samai ||1|| rahaau ||

The deluded spouse is unfortunate and cannot embrace or unite with the beloved; this illustrates that when our ego clouds our conscience, we lose the ability to embrace love and unity. (1)(Pause)

bhoolee firai dhisa(n)taree bhoolee girahu taj jai ||

The deceived spouse wanders through foreign lands, having forgotten and abandoned their own home. This serves as a reminder that in the pursuit of fleeting pleasures, we often lose sight of our true essence.

bhoolee ddoo(n)gar thal chaRai bharamai man ddolai ||

In a state of unawareness, the spouse climbs mountains and crosses dunes; in such wanderings, the mind wavers. This reflects how restless thoughts strive for harmony through different paths.

dhurahu vichhu(n)nee kiau milai garab muThee bilalai ||2||

Separated from its source, how can the spouse unite with it now? Cheated by the ego, it is wailing. A reminder that drifting away from our true selves only misleads and causes distress. (2)

vichhuRiaa gur melasee har ras naam piaar ||

Those who are disunited, the essence of wisdom will enable unity. They will rejoice in the omnipresence of the all-pervading source and foster love for self-reflection.

saach sahaj sobhaa ghanee har gun naam adhaar ||

Truth and equipoise become invaluable when anchored by the principles of universality and self-reflection. This suggests that embracing these virtues enhances our ability to connect with others and understand ourselves deeply.

jiau bhaavai tiau rakh too(n) mai tujh bin kavan bhataar ||3||

Whatever is considered appropriate according to the will of nature, keep me in that state accordingly, except you, the omnipresent energy, who else can be my well-wisher? This represents that living in alignment with our surroundings is harmonious. (3)

akhar paR paR bhuleeaaai bhekhee bahut abhimaan ||

Reading scriptures, we can still go astray and wearing garbs can increase pride. This is a reflection that outer appearances and knowledge don't guarantee inner growth without awareness and humility; they can become deceptive traps.

teerath naataa kiaa kare man meh mail gumaan ||

What good is bathing at pilgrimages if within the mind there is pride? This challenges us to consider the true meaning of our external actions when they do not inspire genuine change within ourselves.

gur bin kin samajhaieeaaai man raajaa sulataan ||4||

Without the insights that arise from wisdom, how can one come to understand that their mind is as powerful as a king or a ruler? It is a wake-up call that the ego resists the correction of our thoughts, which governs our actions. (4)

prem padhaarath paieeaaai gurmukh tat veechaar ||

The true treasure of love is discovered by those dedicated to acquiring wisdom and nurturing meaningful conversations that explore its profound essence.

saa dhan aap gavaiaa gur kai sabadh seegaar ||

They are considered fortunate who let go of their ego and embody the essence of the insights that arise from wisdom.

ghar hee so pir paiaa gur kai het apaar ||5||

Within its own home, it finds its beloved and gains immense love for the essence of wisdom. It is an affirmation that the divinity that we seek dwells within us; it reveals itself when we seek it with universal love. (5)

gur kee sevaa chaakaree man niramal sukh hoi ||

When we are devoted to the essence of wisdom as a service, the mind becomes clearer, and peace arises.

gur kaa sabadh man vasiaa haumai vichahu khoi ||

When the essence of the insights of wisdom dwells in the mind, it eradicates the ego within. This indicates that integrating knowledge with critical thinking helps overcome insecurity and the need for control.

naam padhaarath paiaa laabh sadhaa man hoi ||6||

Gaining self-reflection as a precious commodity brings everlasting gains to the mind. This is advice that contemplation is a virtue that enriches thoughts and constantly uplifts morale. (6)

karam milai taa paieeaa aap na liaa jai ||

If virtuous deeds are embraced, only then are they attainable; they cannot be gained on their own. This highlights that accomplishment requires integrity and effort.

gur kee charanee lag rahu vichahu aap gavai ||

By staying connected to the essence of wisdom with humility, we can diminish the self-conceit that resides within us.

sache setee ratiaa sacho palai pai ||7||

By immersing in truthfulness, one receives truth itself. This highlights that our associations and choices shape who we become. (7)

bhulan a(n)dhar sabh ko abhul guroo karataar ||

We make the mistake of forgetting that within all resides the unforgettable wisdom which guides from ignorance to the awareness that the all-pervading source is underlying in all creation.

gurmat man samajhaiaa laagaa tisai piaar ||

The mindful intellect, having gained the wisdom to transcend illusion into awareness, advises the mind to connect with the omnipresence of the underlying source through love.

naanak saach na veesarai mele sabadh apaar ||8||12||

Nanak says never forget the truth and seek unity with infinite spiritual insights. This advice reminds us that grounding ourselves in truth provides stability and strength, no matter the challenges we face. (8)(12)

Essence: Guru Nanak reminds us that what we consistently focus on becomes the foundation of our being. The conscious choices we make about where to direct our attention shape the essence of who we are. What we surround ourselves with and the principles we uphold deeply influence our inner selves. By immersing ourselves in truth, we align with reality and, in return, attract authenticity into our lives. Hence, honesty serves as both our guide and our reward, providing clarity and integrity that ground us and strengthen our spirits.

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