

Guru Nanak – Sabad 92
jogee a(n)dhar jogeeaa ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 71

jogee a(n)dhar jogeeaa ||
too(n) bhogee a(n)dhar bhogeeaa ||
teraa a(n)t na paiaa surag machh piaal jeeau ||1||
hau vaaree hau vaaranai kurabaan tere naav no ||1|| rahaau ||
tudh sa(n)saar upaiaa ||
sire sir dha(n)dhe laiaa ||
vekheh keetaa aapanaa kar kudharat paasaa ddaal jeeau ||2||
paragaT paahaarai jaapadhaa ||
sabh naavai no parataapadhaa ||
satigur baajh na paio sabh mohee maiaa jaal jeeau ||3||
satigur kau bal jaieeaa ||
jit miliaai param gat paieeaa ||
sur nar mun jan lochadhe so satigur dheea bujhai jeeau ||4||
satasa(n)gat kaisee jaaneeaa ||
jithai eko naam vakhaaneeaa ||
eko naam hukam hai naanak satigur dheea bujhai jeeau ||5||
eih jagat bharam bhulaiaa ||
aapahu tudh khuaaiaa ||
parataap lagaa dhohaagane bhaag jinaa ke naeh jeeau ||6||
dhohaagane kiaa neesaaneeaa ||
khasamahu ghutheeaa fireh nimaaneeaa ||
maile ves tinaa kaamanee dhukhee rain vihai jeeau ||7||
sohaagane kiaa karam kamaiaa ||
poorab likhiaa fal paiaa ||
nadhar kare kai aapanee aape le milai jeeau ||8||
hukam jinaa no manaiaa ||
tin a(n)tar sabadh vasaiaa ||
saheea se sohaagane jin seh naal piaar jeeau ||9||
jinaa bhaane kaa ras aaiaa ||
tin vichahu bharam chukaiaa ||
naanak satigur aaisaa jaaneeaa jo sabhasai le milai jeeau ||10||

Summary: The concept of "I" serves as a psychological anchor, shaping our experiences into a personal micro-world. This ego of "I" governs our thoughts and emotions, creating a reality that is more subjective than objective. When challenged, the ego resists to protect its identity, which can lead to conflicts, as individuals often treat their personal viewpoints as absolute truths. However, through self-reflection, we can gain insights into the ego's limitations. This understanding can help us rise above self-centred concerns and promote universal

well-being. By letting go of restrictive perceptions, we cultivate a richer understanding of reality and foster deeper connections with others.

jogee a(n)dhar jogeeaa ||

Within a yogi lies the essence of the yogi. This symbolizes that our actions stem unknowingly from the ultimate presence within us.

too(n) bhogee a(n)dhar bhogeeaa ||

You are the experiencer within all experiencers. This emphasizes that whether one seeks pleasure or practices abstinence, the omnipresent source remains constant in both paths.

teraa a(n)t na paiaa surag machh piaal jeeau ||1||

Your potential extends beyond heaven, the ocean, and the underworld. This illustrates that trying to quantify or confine the boundlessness of the omnipresent energy within specific places or ideas only creates confusion. (1)

hau vaaree hau vaaranai kurabaan tere naav no ||1|| rahaau ||

I am dedicated to sacrificing my ego in devotion to contemplate you, the all-encompassing awareness. This affirms that only through surrendering in devotion can one gain wisdom. (1)(Pause)

tudh sa(n)saar upaiaa ||

You created the universe; this symbolizes that the universal consciousness manifests creation; however, our sense of I establishes a micro-world in our thoughts based on our ego.

sire sir dha(n)dhe laiaa ||

Every element is assigned a specific task; this fact reflects that each form of nature is intended to play a role in the whole of creation.

vekheh keetaa aapanaa kar kudharat paasaa ddaal jeeau ||2||

You observe your creation unfold, set in motion by your wondrous nature, like rolling dice. This suggests that universal creative energy manifests as creation and flows silently as life itself. (2)

paragaT paahaarai jaapadhaa ||

Whatever is visible appears comprehensible; this suggests that surface impressions can often mislead our understanding of reality and demand a deeper perspective.

sabh naavai no parataapadhaa ||

Everyone yearns to know the essence of contemplation. This is a reality that we all share in our deeper quest to understand our true selves.

satigur baajh na paio sabh mohee maiaa jaal jeeau ||3||

Without gaining the true essence of insights, nothing is attainable; all else entangles the mind like a net of illusion. This serves as a reality check: without the awakening of wisdom, even devotion can become misdirected. (3)

satigur kau bal jaieeaa ||

Be devoted to the true essence of insights. This encourages the presence of mind that awakens awareness beyond measure.

jit miliaai param gat paieeaa ||

Connecting with spiritual insights, one can attain the highest state of being, this demonstrates that meaningful connections can pave the way for universal wisdom.

sur nar mun jan lochadhe so satigur dheea bujhai jeeau ||4||

What the celestials, sages, and saints long for is satisfied by the true essence of insights that have imparted understanding to the mind. This highlights that what we seek is already flowing within as an awakened presence. (4)

satasa(n)gat kaisee jaaneeaa ||

How can we identify a genuine congregation?

jithai eko naam vakhaaneeaa ||

It is one where oneness is both contemplated and expressed. This suggests that true companionship focuses on unity in creation rather than on form or dogma.

eko naam hukam hai naanak satigur dheea bujhai jeeau ||5||

Oneness represents the fundamental law of nature, Nanak says; the true essence of spiritual insights enables our mind to comprehend it. (5)

eih jagat bharam bhulaiaa ||

This world, filled with doubt, is deceived. This statement highlights that the internal conflict between our belief in and disbelief of our true selves keeps us confined, unaware of the deeper reality beneath.

aapahu tudh khuaaiaa ||

You have misled yourself; this symbolizes a mindset that traps itself with illusions, causing it to wander in ignorance

parataap lagaa dhohaaganee bhaag jinaa ke naeh jeeau ||6||

Agony affects those unfortunates, who do not recognize fortune in their minds. This shows that when one is far from the truth and unable to see the goodness in life, existence becomes suffering. (6)

dhohaaganee kiaa neesaaneeaa ||

What are the signs of the unfortunate? A thought-provoking inquiry to encourage self-reflection into how we perceive our lives.

khasamahu ghutheeaa fireh nimaaneeaa ||

Forgetting their beloved, they wander in vulnerability; this illustrates our disconnection from the universal consciousness, leading our conscience to lose stability.

maile ves tinaa kaamanee dhukhee rain vihai jeeau ||7||

The garments of such spouses are soiled, and their nights pass in sorrow. This symbolizes that those who harbor impure intentions will never find true peace, even in moments of rest. (7)

sohaaganee kiaa karam kamaiaa ||

What deeds did the fortunate perform? A thought-provoking inquiry to encourage self-reflection into how to make our lives worthwhile.

poorab likhiaa fal paiaa ||

We receive the fruits of what is preordained according to the universal laws of nature.

nadhar kare kai aapanee aape le milai jeeau ||8||

Graciousness of our conscience can unite us with our consciousness. This idea illustrates that personal integrity enhances awareness and deepens understanding of existence. (8)

hukam jinaa no manaiaa ||

Those who accept the laws of nature. This statement suggests a mindful approach to life that aligns with natural processes.

tin a(n)tar sabadh vasaiaa ||

Within them, the spiritual insights dwell; this reflects a personality that embodies the essence of wisdom.

saheaaa se sohaaganee jin seh naal piaar jeeau ||9||

Friends of the fortunate are those who embrace love for universality. This means that those who share a bond based on truth inspire and uplift each other. (9)

jinaa bhaane kaa ras aaiaa ||

Those who have savored the flavor of divine will, this reflects a state of mind that no longer resists life and finds grace even in storms.

tin vichahu bharam chukaiaa ||

Their inner doubts are eliminated, reflecting a union with wisdom that clears away all confusion.

naanak satigur aaisaa jaaneeaa jo sabhasai le milai jeeau ||10||

Nanak says we should accept the true essence of wisdom, which unites everything into a single consciousness. (10)

Essence: Guru Nanak illustrates that as we deepen our understanding, our doubts naturally dissolve, eliminating feelings of division and conflict. With this clarity, confusion no longer has power over us, and wisdom shifts from being an elusive concept to an integral part of our daily lives, allowing our decisions to emerge with ease. Though questions may still surface, we learn to trust our direct experiences. Our minds become calmer and more focused, diminishing inner turmoil. What once seemed complicated effortlessly transforms into clarity. This insight is not forced; it arises from recognising the interconnectedness of all things, leaving no space for apprehensions to linger.

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