

Guru Nanak – Sabad 93
satigur miliaai fal paiaa ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 72

satigur miliaai fal paiaa ||
jin vichahu ahakaran chukaiaa ||
dhuramat kaa dhukh kaTiaa bhaag baiThaa masatak aai jeeau ||11||
a(n)mrit teree baaneeaa ||
teriaa bhagataa ridhai samaaneeaa ||
sukh sevaa a(n)dhara rakhiaai aapane nadhar kareh nisataar jeeau ||12||
satigur miliaa jaaneeaa ||
jit miliaai naam vakhaaneeaa ||
satigur baajh na paio sabh thakee karam kamai jeeau ||13||
hau satigur viTahu ghumaiaa ||
jin bhram bhulaa maarag paiaa ||
nadhar kare je aapane aape le ralai jeeau ||14||
too(n) sabhanaa maeh samaiaa ||
tin karatai aap lukaiaa ||
naanak gurmukh paragaT hoiaa jaa kau jot dharee karataar jeeau ||15||

Summary: Embarking on the path of contemplation is a profound act that commands respect. It takes real courage to pause, to step back from the rush of life and engage with it more consciously. In this introspective journey, we elevate our inner life as a guiding light. Instead of mindlessly following our thoughts, we observe them with intention, fostering clarity and alleviating inner turmoil. The practice of contemplation naturally cultivates patience, humility, and discernment, all with genuine sincerity and not force. Insights gradually unfold, allowing even the simplest moments to resonate with significance and balance.

satigur miliaai fal paiaa ||
Embracing the true essence of wisdom bears fruit; this represents that awareness yields fulfilment not as a reward, but as a natural outcome of alignment.

jin vichahu ahakaran chukaiaa ||
That which removes ego from within, this highlights that as self-assertion softens, perceptions become less defensive, allowing insight to arise with humility.

dhuramat kaa dhukh kaTiaa bhaag baiThaa masatak aai jeeau ||11||
The pain of ill intent ends, and fortune is seated on one's forehead. This symbolizes that good intentions lead to a more peaceful state of mind. (11)

a(n)mrit teree baaneeaa ||

Your spiritual insights convey a life-renewing essence; this assertion highlights wisdom that rejuvenates our inherent awareness, much like ambrosia.

teriaa bhagataa ridhai samaaneeaa ||

They permeate the hearts of the devoted; this embrace embodies the wisdom of receptivity from within rather than from external factors.

sukh sevaa a(n)dhar rakhiaai aapanee nadhar kareh nisataar jeeau ||12||

Place your joy in dedicated service, and your conscience will grace you with spiritual liberation, this demonstrates that when thoughts and intentions are clear, understanding follows. (12)

satigur miliaa jaaneeai ||

Connecting with the true essence of wisdom fosters understanding. This shows that awareness is not merely conceptual knowledge but a lived experience.

jit miliaai naam vakhaaneeai ||

Connection with wisdom finds expression in self-reflection.

satigur baajh na paio sabh thakee karam kamai jeeau ||13||

Without the true essence of wisdom, nothing can be achieved; all striving becomes weary in action. This serves as a reminder that effort without inner alignment and clarity leads to fatigue rather than fulfilment. (13)

hau satigur viTahu ghumaiaa ||

I circumambulate in devotion over the true essence of wisdom; this is an expression of profound appreciation for embarking on the path of contemplation.

jin bhram bhulaa maarag paiaa ||

The one which draws the wandering mind back to its path: this shows that when awareness flows, we not only reconnect with ourselves but also enhance our overall well-being.

nadhar kare je aapanee aape le ralai jeeau ||14||

If one is gracious towards oneself, one should strive to connect with one's consciousness; this is advice aimed at benefiting one's well-being, which requires connecting with one's inner self. (14)

too(n) sabhanaa maeh samaiaa ||

Omnipresent consciousness, you permeate through all of creation. This is an acknowledgement of experiencing unity in existence.

tin karatai aap lukaiaa ||

The omnipresent source manifests as creation, yet it remains unknown; this suggests that the ultimate source within us remains an enigma that can be felt but cannot be expressed.

naanak gurmukh paragaT hoiaa jaa kau jot dharee karataar jeeau ||15||

Nanak says, those inclined to seek wisdom have gained the clarity that the creative source has placed itself as the life force; this is the realisation that there is no distinction between the creator and existence. (15)

Essence: Guru Nanak reminds us that grace toward oneself means embarking towards awareness, a mindful, conscientious way of living. This orientation is not a moral guideline but an insight into well-being that unfolds consciousness as a guiding presence rather than a concept. The omnipresent source, which can also be called the creator, remains an invisible presence and reveals itself through its own manifestations as creation. What feels distant or hidden is experienced as already present, sustaining life beneath the surface of all kinds of striving to recognize it. Through such grace of self-reflection, understanding this reality of universal unity is fostered, painful thoughts are healed, and peace begins.

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