

Guru Nanak – Sabad 99
chauthai paharai rain kai vanajaariaa mitraa laavee aaiaa khet ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 75

chauthai paharai rain kai vanajaariaa mitraa laavee aaiaa khet ||
jaa jam pakaR chalaiaa vanajaariaa mitraa kisai na miliaa bhet ||
bhet chet har kisai na milio jaa jam pakaR chalaiaa ||
jhooThaa rudhan hoaa dhuoaalai khin meh bhiaa paraiaa ||
saiee vasat paraapat hoiee jis siau laiaa het ||
kahu naanak praanee chauthai paharai laavee luniaa khet ||4||1||

Summary: When desires and habits start to shape our character, they quietly steer the course of our lives. What we repeat gradually solidifies into our identity. As a result, we find that our choices arise more from ingrained habits than from conscious awareness. Seemingly insignificant actions accumulate and solidify into lasting tendencies that dictate our future decisions without any scrutiny. Over time, our options dwindle as these patterns become entrenched. Life begins to be influenced more by what we have practised than by what we truly comprehend. However, awareness holds the power to disrupt this momentum. By recognising these patterns, we can once again consciously reclaim our ability to shape our future.

chauthai paharai rain kai vanajaariaa mitraa laavee aaiaa khet ||
In the fourth watch of the night, O trader friend, the farmer comes to till the field. The "trader friend" symbolizes our intentions, while the fourth watch of the night marks the moment when our desires and habits begin to define our character, shaping our future.

jaa jam pakaR chalaiaa vanajaariaa mitraa kisai na miliaa bhet ||
If destructive attributes are held, and they lead, O trader friend, then no one can gain awareness.

bhet chet har kisai na milio jaa jam pakaR chalaiaa ||
Insight into the all-encompassing awareness is not gained when destructive negative attributes take hold.

jhooThaa rudhan hoaa dhuoaalai khin meh bhiaa paraiaa ||
False weeping echoes all around, and in an instant, it can become alien. This contrast reveals the superficiality and fragility of our worldly attachments, which can vanish when we stop identifying with them.

saiee vasat paraapat hoiee jis siau laiaa het ||

We obtain only what we have attached ourselves to. This symbolises that one becomes what one intends: focusing on the temporary brings pain, and on the eternal leads to peace.

kahu naanak praanee chauthai paharai laavee luniaa khet ||4||1||

Guru Nanak says, human beings, in the fourth watch of the night, come to harvest what they planted in the fields. The "fourth watch" marks the final moment when we reap the outcomes of the characteristics we have embodied. (4)(1)

Essence: Guru Nanak reveals a profound truth: our final moments of achievement arrive in tranquil stillness, when we sincerely reflect on our true nature. They show how we've lived, shaped by our habits and desires, which leave a lasting imprint on our journey. Life confronts us with the results of our actions as a natural evolution rather than judgment. The practices we nurture become clear, illustrating that our outcomes directly reflect the paths we choose to embody.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com