

MODULE 10 – Inner Shift Begins (PAURI 32 to 34)

As *Jap* navigates through *Pauris* 32 to 34, it illuminates the path for the seeker, guiding them from mere expression to profound realization. This transformative journey begins with the courageous acknowledgement of our limitations and evolves into a deep awareness of our universal interconnectedness. Through humility, we are encouraged to reflect on diverse perspectives, understanding that our intentions shape the richness of our experiences. Guru Nanak shares with us the intricacies of the mind and the workings of nature, illustrating how both are woven together in unity, diverse in their forms yet unified at the core. It emphasizes that words, rituals, power, charity, knowledge, and even spiritual practices cannot, on their own, bring about true realization. What truly transforms our mindset is our inner grace, the practice of self-reflection that fosters clarity. This transformative process allows the ego to release its ignorance, dissolving the illusions of superiority and inferiority. These insights guide us to advance by reframing our understanding of existence from fragmented to an intelligently harmonious sanctuary.

Let us now delve into *Pauri* 32.

PAURI 32

The thirty-second *Pauri* furthers the concept of *eko*, single, the singular essence that manifests wondrously throughout the diversity of existence, bringing this reality to *nadaree*, grace, the benevolence of contemplation, without which any effort to gain oneness becomes hollow. Guru Nanak says that even if one tongue were to multiply into countless tongues, endlessly speaking, it would still fall short of expressing the vastness of the all-pervading awareness. Regardless of how many ways we attempt to articulate, what truly matters is the recognition that all these expressions point to one underlying presence. When we become trapped in our ego, prioritizing “I” over “we”, even our spiritual endeavors can devolve into disguised pride. However, by allowing *nadaree*, in the form of honest self-reflection, to work within us, false layers of ego begin to fall away. The reality of oneness becomes apparent, transforming from a mere concept into a lived experience—a state of being that thrives on humility rather than force or repetition.

Singleness is the fundamental law of the universe, which emphasizes that everything is interconnected beyond our senses. Every thought, action, and event are intertwined

ਇਕ ਦੂ ਜੀਭੈ ਲਖ ਹੋਹਿ ਲਖ ਹੋਵਹਿ ਲਖ ਵੀਸ ॥
ਲਖੁ ਲਖੁ ਗੋੜਾ ਆਖੀਅਹਿ ਏਕੁ ਨਾਮੁ ਜਗਦੀਸ ॥
ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ ਚੜੀਐ ਹੋਇ ਇਕੀਸ
ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ ਕੀਟਾ ਆਈ ਰੀਸ ॥
ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਕੂੜੀ ਕੂੜੈ ਠੀਸ ॥੩੨॥

eik doo jeebhau lakh hoh lakh hoveh lakh vees ॥
lakh lakh geRaa aakhe'eeh ek naam jagdees ॥
et raeh pat pavaReeaa chaReeaaai hoi ikees ॥
sun galaa aakaas kee keeTaa aaiee rees ॥
naanak nadaree paieeaaai kooRee kooRai Thees ॥32॥

ਇਕ ਦੂ ਜੀਭੈ ਲਖ ਹੋਹਿ ਲਖ ਹੋਵਹਿ ਲਖ ਵੀਸ ॥

eik doo jeebhau lakh hoh lakh hoveh lakh vees ॥

If one tongue multiplies manifold to become innumerable tongues.

ਲਖੁ ਲਖੁ ਗੋੜਾ ਆਖੀਅਹਿ ਏਕੁ ਨਾਮੁ ਜਗਦੀਸ ॥

lakh lakh geRaa aakhe'eeh ek naam jagdees ॥

These innumerable tongues repeatedly mention that the awareness emerges from one singular omnipresent force.

ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ ਚੜੀਐ ਹੋਇ ਇਕੀਸ ॥

et raeh pat pavaReeaa chaReeaaai hoi ikees ॥

On this path, one progresses to elevate oneself to honor the interconnectedness of creation.

ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ ਕੀਟਾ ਆਈ ਰੀਸ ॥

sun galaa aakaas kee keeTaa aaiee rees ॥

Those in a lower state of duality, hearing about the vastness of wholeness, aspire to emulate enlightened beings who have transcended the highest state of unity.

ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਕੂੜੀ ਕੂੜੈ ਠੀਸ ॥੩੨॥

naanak nadaree paieeaaai kooRee kooRai Thees ॥32॥

Nanak says that the realization of Oneness is only possible through the graciousness of self-reflection and that all other endeavors are futile and only lead to false pride. (32)

Guru Nanak says if one does not grace oneself with the humble attribute of self-reflection, then all other efforts to understand the essence of creation are futile, as the ego of 'I' over 'us' hinders the ability to recognize the truth of Oneness in creation.

<LISTEN TO SABAD *eik doo jeebhau lakh hoh lakh hoveh lakh vees*>

After recognizing the vital importance of contemplation as an essential practice that serves as the foundation for pursuing a state of oneness, Guru Nanak encourages us to delve deeper into the profound power of our capacity to reflect, contemplate, and actively engage in the practice of unity. He challenges us to rethink what we typically view as powerful in our conventional perspective, as it may often fall short of creating meaningful change in our way of thinking.

Let us now delve into *Pauri* 33.

PAURI 33

The thirty-third *Pauri* brings the importance of *nadaree*, grace, the benevolence of contemplation, without which any effort to achieve oneness lacks true significance that leads to *jor*, power, the competence to reflect, contemplate and practice oneness. Other than these, what we often categorize as powerful in our conventional view may not possess any significance or impact. Guru Nanak dismantles the false pillars we lean on; merely talking about spirituality without practice does not lead to transformation, and remaining silent will not either. Whether it is through giving or receiving charity, living as a householder or as an ascetic, ruling a kingdom or retreating to a forest, none of these actions will awaken wisdom without contemplation. What remains paramount is the *jor* of self-reflection, the ability to recognize the illusions that keep us trapped. In doing so, we evolve our perspectives and uncover the clarity obscured by our own ego, ultimately realizing that no one stands above or below another.

The true power of wisdom comes in knowing you know nothing. This involves training the mind to detach from specific forms or thoughts by negating their importance. It is an exercise to recognize the difference between the illusionary perceptions created by external stimulations and the ultimate reality of our inherent omnipresent awareness.

ਆਖਣਿ ਜੇਰੁ ਚੁਪੈ ਨਹ ਜੇਰੁ ॥

ਜੇਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੇਰੁ ॥

ਜੇਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੇਰੁ ॥

ਜੇਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੇਰੁ ॥
ਜੇਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥
ਜੇਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ ॥
ਜਿਸੁ ਹਥਿ ਜੇਰੁ ਕਰਿ ਵੇਖੈ ਸੇਇ ॥
ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੋਇ ॥੩੩॥

aakhan jor chupai neh jor ॥
jor na ma(n)gan den na jor ॥
jor na jeevan maran neh jor ॥
jor na raaj maal mann sor ॥
jor na suratee giaan veechaar ॥
jor na jugatee chhuTai sa(n)saar ॥
jis hath jor kar vekhai soi ॥
naanak utam neech na koi ॥33॥

ਆਖਣਿ ਜੇਰੁ ਚੁਪੈ ਨਹ ਜੇਰੁ ॥

aakhan jor chupai neh jor ॥
There is no power in giving sermons and no power in remaining silent.

ਜੇਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੇਰੁ ॥

jor na ma(n)gan den na jor ॥
There is no power in taking alms and no power in giving donations.

ਜੇਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੇਰੁ ॥

jor na jeevan maran neh jor ॥
There is no power in being a householder and no power in being an ascetic.

ਜੇਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੇਰੁ ॥

jor na raaj maal mann sor ॥
There is no power to be a ruler, own wealth, or acquire occult powers.

ਜੇਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥

jor na suratee giaan veechaar ॥
There is no power in acquiring knowledge and having dialogues on spiritual scriptures.

ਜੇਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ ॥

jor na jugatee chhuTai sa(n)saar ||

There is no power in knowing the ways to attain salvation.

ਜਿਸੁ ਹਥਿ ਜੇਰੁ ਕਰਿ ਵੇਖੈ ਸੇਇ ॥

jis hath jor kar vekhai soi ||

The one holding the power is the one who practices self-reflection.

ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੋਇ ॥੩੩॥

naanak utam neech na koi ||33||

Nanak says the one who does not judge anyone as superior or inferior is powerful.
(33)

Guru Nanak states that contemplation and self-actualization are the most powerful attributes, transcending the duality of superiority and inferiority.

<LISTEN TO SABAD *aakhan jor chupai neh jor*>

After compelling us to critically examine our traditional notions of power, which often prove inadequate in catalyzing transformation in our thought processes and societal structures, Guru Nanak invites us to embark on a transformative journey, adopting a mindset that embraces the infinite variety of life forms and philosophical perspectives through thoughtful reflection and critical analysis, fostering personal growth and collective well-being.

Let us now delve into *Pauri* 34.

PAURI 34

The thirty-fourth *Pauri* leads the importance of true *jor*, power, the ability to reflect, contemplate, and practice the reality of oneness in diversity, encouraging us to embark on the journey to *dharam saal*, the spiritual dwelling, a mindset where the innumerable, diverse forms, ways of life, and philosophical thoughts are embraced through the grace of self-reflection and critical thinking. In this framework of harmony, our existence transforms into a realm of purposeful living. Guru Nanak invites us to observe the vibrations of nature, the rhythms of day and night, the turning of seasons, the flow of air and water, the warmth of fire; everything in nature works together as one balanced system of life where every element supports the whole. This lens also helps us see humanity as a tapestry of diverse beings, all functioning within the larger ecosystem of existence. As we practice and deepen our thinking, actions and responses, the

concept of *dharam saal* gains strength and ignorance begins to fade. Life starts to feel less random and more coherent, paving the way to a sanctuary where true freedom dwells as clarity and equipoise.

The diversity of nature collaborates to support the functioning of the world. Although distinct in their characteristics, they are connected at their core, constituting the same five essential elements. When they work together with righteous intent, they create harmony.

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ ॥

ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ ॥

ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ ॥

ਤਿਸੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ ॥

ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ ਅਨੰਤ ॥

ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥

ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ ॥

ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਣੁ ॥

ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਣੁ ॥

ਕਚ ਪਕਾਈ ਓਥੈ ਪਾਇ ॥

ਨਾਨਕ ਗਇਆ ਜਾਪੈ ਜਾਇ ॥੩੪॥

raatee rutee thitee vaar ||

pavan paanee aganee paataal ||

tis vich dhartee thaap rakhee dharam saal ||

tis vich jeea jugat ke ra(n)g ||

tin ke naam anek ana(n)t ||

karmee karmee hoi veechaar ||

sachaa aap sachaa darbaar ||

tithai sohan pa(n)ch parvaan ||

nadaree karam pavai neesaan ||

kach pakaiee othai pai ||

naanak giaa jaapai jai ||34||

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ ॥

raatee rutee thitee vaar ||

Night, seasons, day and weeks,

ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ ॥

pavan paanee aganee paataal ॥
air, water, fire, and nether region,

ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ ॥

tis vich dhartee thaap rakhee dharam saal ॥
all these elements facilitating the functioning of the world to operate harmoniously in the realm of righteousness.

ਤਿਸੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ ॥

tis vich jeeaa jugat ke ra(n)g ॥
The world constitutes diverse beings who have their diverse way of life.

ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ ਅਨੰਤ ॥

tin ke naam anek ana(n)t ॥
This diversity is with innumerable different identities

ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥

karmee karmee hoi veechaar ॥
which deliberate according to their actions and deeds.

ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ ॥

sachaa aap sachaa darbaar ॥
Clear consciousness seeks truthful congregations.

ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਣੁ ॥

tithai sohan pa(n)ch parvaan ॥
The magnificent beings that express themselves are a composite of five elements.

ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਣੁ ॥

nadaree karam pavai neesaan ॥
According to one's actions, one gets identified.

ਕਚ ਪਕਾਈ ਓਥੈ ਪਾਇ ॥

kach pakaiee othai pai ॥
Through reflections on one's actions the fragile mind gains spiritual strength.

ਨਾਨਕ ਗਇਆ ਜਾਪੈ ਜਾਇ ॥੩੪॥

naanak giaa jaapai jai ||34||

Nanak discerns that self-reflection is the path to attain liberation. (34)

Guru Nanak says self-reflection and understanding our true spiritual nature is the first step to attaining wisdom. Seeing ourselves as part of a larger, interconnected cosmic fabric makes our actions benevolent, leading to spiritual strength.

<LISTEN TO SABAD *raatee rutee thitee vaar*>

After understanding *nadaree, jor, dharam saal* in *Pauris* 32 to 34, let us expand our understanding of *Jap* through *Pauris* 35 to 38.

REFLECTION POINTERS FOR MODULE 10 – Inner Shift Begins

- How does honest self-reflection soften the ego without diminishing self-worth?
- If it is advised to treat life itself as a space of ethical harmony, reflection, and coherence, what responsibilities does this place on your thoughts, actions, and intentions?

Oneness In Diversity Research Foundation & Lost Heritage Productions

Led by Amardeep Singh & Vininder Kaur

Websites: LearnWithNanak.com | TheGuruNanak.com |

OnenessInDiversity.com | Lostheritagebook.com

Email: onenessindiversityfoundation@gmail.com