

## MODULE 12 – Living in Harmony (SALOK)

The concluding *Salok* of *Jap* becomes Guru Nanak's final, unifying insight into the nature of life and truth—a quiet return to the most essential way of living in harmony with the natural order. After guiding the seeker through vast inner and outer realms, it draws our attention back to what is simplest and most often overlooked: nothing in creation exists in isolation. Nothing grows alone. Nothing sustains itself without the silent support of countless visible and invisible forces. Nature is not merely a resource—it is our family, the very framework that generously and unconditionally holds our existence. In this awareness, conscience becomes the space where we meet ourselves honestly, not through prescribed moral judgment, but through sincere self-reflection. When intentions become benevolent, and our choices align with what is true, a natural sense of connection arises. After the long ascent through understanding, awareness, discipline, action, and truth, the *Salok* returns everything to daily life. It anchors realization in humility, gratitude, and responsibility. Guru Nanak reminds us that beyond knowledge, beyond effort, beyond spiritual practice, we are always sustained by the greater rhythms of nature and the grace that flows through all existence. Real spiritual maturity lies not in achievement but in accepting this with a humble heart. It is a call to live with integrity and awareness, knowing that every action carries consequence, and that our inner state shapes the world we inhabit. In this way, the final *Salok* completes *Jap* not as a destination, but a practical, conscious way of living, where contemplation, humility, and mindful action become the foundations of a meaningful life.

Every element of creation is intertwined; hence, their survival thrives in collectivity. From an evolutionary perspective, relationships are at the very core of our existence. Our being is based on the connection of two individuals to procreate, and the offspring can only be sustained with the support of other forms of creation in nature. This interconnectedness calls for respect and responsibility towards every element, not just as a moral duty, but also as a means of sustaining the world we live in. In this verse as an example, air, vital for our physical being, is equated with a teacher who is important for our spiritual existence. Water, a sustainer of life, is compared to a father who is a provider. Similarly, as earth bestows nourishment, it is likened to the womb of a mother that nurtures.

ਸਲੋਕੁ ॥

ਪਵਣੁ ਗੁਰੂ ਪਾਈ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥

ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ ਜਗਤੁ ॥

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥  
ਕਰਮੀ ਆਪੇ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ॥  
ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ ॥  
ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ ॥੧॥

salok ॥  
pavan guroo paanee pitaa maataa dharat mahat ॥  
divas raat dui daiee daiaa khelai sagal jagat ॥  
cha(n)giaaieeaa buriaaieeaa vaachai dharam haduur ॥  
karmee aapo aapnee ke neRai ke duur ॥  
jinee naam dhiaaiaa gae maskat ghaal ॥  
naanak te mukh ujale ketee chhuTee naal ॥1॥

ਸਲੋਕੁ ॥

salok ॥  
Verse.

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥

pavan guroo paanee pitaa maataa dharat mahat ॥  
Respect air as the teacher who facilitates spiritual life, water as the father who provides life and earth as the mother who nurtures life.

ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ ਜਗਤੁ ॥

divas raat dui daiee daiaa khelai sagal jagat ॥  
Respect the interchange of masculine and feminine attributes, the two nurturing forces, which collectively support the operation of the world like the transition of time from day to night.

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥

cha(n)giaaieeaa buriaaieeaa vaachai dharam haduur ॥  
As a moral duty positive actions and negative actions are assessed in one's consciousness.

ਕਰਮੀ ਆਪੇ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ॥

karmee aapo aapnee ke neRai ke duur ॥  
On account of one's actions, some become close and some distanced from Divinity.

ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ ॥

jinee naam dhiaaiaa gae maskat ghaal ॥

Those who have contemplated on the words of wisdom their perseverance has felicitated spiritual progression.

ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ ॥੧॥

naanak te mukh ujale ketee chhuTee naal ॥1॥

Nanak says such personalities are enlightened and many in their company have been spiritually liberated. (1)

Guru Nanak's words of wisdom illuminate the profound impact of our choices and deeds on our spiritual journey. Our interconnectedness with creation underscores the influential power of our actions, shaping our environment to progress or regress. Our actions have the ability to bring us closer or further away from Divinity. Through self-reflection and seeking guidance from enlightened mentors, we can embark on a path of spiritual growth for the greater good of all.

<LISTEN TO SABAD *Salok*>

*Jap* presents a compelling and transformative vision of human life, leading seekers on a profound journey from fragmented perceptions of unity to a deep, cohesive awareness of the fundamental oneness that underlies existence. It begins by unveiling the intricate singularity embedded in the vast tapestry of life. Through rich, layered insights, it explores our diversity not only in physical forms but also in our thoughts, emotions, and behaviours. It distils the essence of existence that arises from this shared unity. As seekers navigate the various realms of righteousness, wisdom, humility, creativity, action, and truth, they experience the gradual reshaping of their consciousness. The process allows the ego to loosen its hold, providing clarity of thought and a blossoming of compassion toward themselves and others. At the core of *Jap's* insights lies a profound truth that creation is enriched by an unseen, all-pervasive intelligence that flows through every moment and every being, connecting everything in a dynamic web of oneness. By harmonizing with the concept that we are the cosmos and the cosmos is within us, *Jap* empowers seekers to awaken to the vibrant oneness that animates all life. Through this awakening, they learn to embrace a sense of unity that fosters a profound connection with the world in and around them. Engaging fully in this transformative journey leads to a blissful state of peace and fulfilment, arising from a life lived in harmony with the very essence of existence itself.

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## **REFLECTION POINTERS FOR MODULE 12 – Living in Harmony**

- After moving through reflection, listening, acceptance, and realization, what inner shift feels most quietly present now, even without effort or declaration?
- If lived alignment, rather than verbal affirmation, determines integrity, how should one reassess what it means to live truthfully in everyday action?

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