

## MODULE 2 – Underlying Reality (SALOK)

*Jap* is the disciplined state of inner attunement – a contemplation in which the mind aligns with the truth that the omnipresent energy permeates all existence. This realization transforms the seeker’s consciousness from restlessness to harmony. Thus, *Jap* is both the practice and the state of being in which divinity is vividly and continuously experienced. The *Jap* composition of Guru Nanak opens with an introductory *Salok*, an affirmation of the unchanging reality behind the forever evolving creation. Guru Nanak transcends the linear notion of time, declaring the truth that awareness is timeless. This awareness is personal yet beyond personality, immanent yet transcendent, engaged yet unattached. The visible aspects of creation are nothing but emptiness, and emptiness is nothing but a form that existed in the past, will exist in the present, and will exist in the future. This awareness or consciousness is a reminder that the ultimate truth is eternal. *Jap* builds a set of guiding steps and insights for the seeker, from the nature of reality to the method of realization.

The ultimate truth is the awareness of absolute oneness in creation regardless of the tangible matter, intangible space, and measurable linear time that collectively make up reality. The visible aspects of creation are nothing but emptiness, and emptiness is nothing but a form that existed in the past, will exist in the present, and will exist in the future. This awareness or consciousness is a reminder that the ultimate truth is eternal.

॥ਜਪੁ ॥

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

॥ jap ॥

aad sach jugaad sach ॥

hai bhee sach naanak hosee bhee sach ॥1॥

॥ਜਪੁ ॥

॥ jap ॥

*jap* (contemplate)

A reminder to contemplate with affirmation so as not to forget what was inherently known but was forgotten.

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

aad sach jugaad sach ॥

*aad* (primordial/source), *sach* (Truth), *jugaad* (ages)

Omnipresence of the unseen all-pervading energy is the underlying source of the entire creation; this is the eternal Truth.

ਰੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

hai bhee sach naanak hosee bhee sach ॥1॥

*hai bhee* (it is), *sach* (Truth), *hosee bhee* (it will be)

Nanak says it is the truth in the present and will be the truth in the future. (1)

Guru Nanak encourages us to know that reality, the cause of existence, is intrinsic to human nature. Reality can be explained as the participation of the mind with anything that exists as matter around us. However, beyond the notion of reality perceived through thoughts, when the mind contemplates, it gets directed to the Truth, the Oneness of the eternal underlying omnipresent consciousness.

<LISTEN TO SABAD *aad sach jugaad sach*>

After understanding the affirmation of unchanging reality in the introductory *Salok*, let us begin our journey to understand Jap through *Pauris* 1-7.

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## REFLECTION POINTERS FOR MODULE 2 – Underlying Reality

- When awareness is considered as timeless and present beyond past and future, how does this alter your relationship with urgency, doubt, or anticipation?
- If universal truth is not bound by linear time or personal identity, what does this reveal about the limitations of the mind that seeks certainty through identities and assumptions?

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