

MODULE 4 – Art of Listening (PAURI 8 to 11)

As *Jap* moves into *Pauris* 8–11, we delve deeper into the human experience, where the mind begins to perceive layers of reality that extend far beyond ordinary understanding. The earlier *Pauris* encouraged us to pause and observe the patterns of our thinking; this section invites us to examine our progression in our quest for knowledge. It prompts us to reflect: What do we listen to? How do we transform knowledge into wisdom? As our clarity increases, doubts fade away, and our conviction deepens as our conscience matures, allowing understanding to become lived truth. These *Pauris* serve as a guided walk, allowing us to resonate with the greater order of existence that leads us toward liberation from duality. Guru Nanak advises us to practice equipoise and overcome the common tendency to rush through our experiences; he encourages us to cultivate mindfulness of our thoughts, our listening, and what we truly value.

Let us now delve into *Pauri* 8.

PAURI 8

The eighth *Pauri* advises our *gunn*, the attributes that guide us from ignorance to the virtue of awareness, to cultivate *suniaai*, the art of listening, which goes beyond casual hearing, to a more profound, attentive, reflective, and receptive state that allows understanding to permeate the mind. Guru Nanak highlights that when we truly listen, universal wisdom becomes accessible, offering glimpses into higher possibilities of human experience. Such listening expands perception, revealing the principles that sustain the earth. Hence, those devoted to listening and learning always appear in a state of inner blossoming because they continuously receive insight. The transformative power of *suniaai*, the art of listening, nurtures discernment, allowing clarity to the interconnectedness of existence.

Listening is powerful when complemented with the ability to assimilate and introspect. This attribute embodies all senses, providing the opening for communion from the deepest level of humanity, creating a positive union with the surroundings.

ਸੁਣਿਐ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥

ਸੁਣਿਐ ਧਰਤਿ ਧਵਲ ਆਕਾਸ ॥

ਸੁਣਿਐ ਦੀਪ ਲੋਅ ਪਾਤਾਲ ॥

ਸੁਣਿਐ ਪੇਹਿ ਨ ਸਕੈ ਕਾਲੁ ॥

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

suniaai sidh peer sur naath ॥
suniaai dharat dhaval aakaas ॥
suniaai deep loa paataal ॥
suniaai poh na sakai kaal ॥
naanak bhagtaa sadaa vigaas ॥
suniaai dookh paap kaa naas ॥8॥

ਸੁਣਿਐ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥

suniaai sidh peer sur naath ॥

Minding the knowledge of the exalted beings such as the occult proficient, spiritually enlightened, celestial deities and nomad ascetics.

ਸੁਣਿਐ ਧਰਤਿ ਧਵਲ ਆਕਾਸ ॥

suniaai dharat dhaval aakaas ॥

Understanding the functions of the earth, the invisible force that holds the elements together, and the space of the cosmos.

ਸੁਣਿਐ ਦੀਪ ਲੋਅ ਪਾਤਾਲ ॥

suniaai deep loa paataal ॥

Comprehending the notions of paradise and nether world.

ਸੁਣਿਐ ਪੇਹਿ ਨ ਸਕੈ ਕਾਲੁ ॥

suniaai poh na sakai kaal ॥

Assimilating such learning negates negative thoughts.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas ॥

Nanak says those who are devoted to acquiring wisdom are always in a state of bliss.

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

suniaai dookh paap kaa naas ॥8॥

Imbibing such practices, the pain of negativity gets irradiated. (8)

Guru Nanak says knowledge is the foundation on which perspectives are built. Wisdom is the application and discernment of perspectives that determine a level of awareness that transcends negativity to positivity.

<LISTEN TO SABAD *suniaai sidh peer sur naath*>

After outlining the first step of listening, which goes beyond casual hearing to a more profound, attentive, reflective, and receptive state that broadens awareness of the cosmic order, Guru Nanak refines listening toward understanding our inner constitution, the universal consciousness.

Let us now delve into *Pauri 9*.

PAURI 9

The ninth *Pauri* advances the first step of *suniaai*, the art of listening, toward a more attentive and reflective understanding of the cosmic order, to the next step of *suniaai*, listening that awakens recognition of the innate human capacities that illuminate what resides within and outside the body. Guru Nanak suggests that the wisdom embedded in scriptures and contemplative traditions becomes more accessible, thereby contributing to a more refined awareness. Even those inclined toward negativity can come to praise and honour the constructive and the virtuous. Those devoted to such *suniaai* dwell in a state of sustained joy, for their consciousness aligns with clarity rather than confusion.

Conscientiousness, when supported with mindfulness, creates a realization of the intrinsic human attributes that facilitate awareness of what resides within and outside the body.

ਸੁਣਿਐ ਈਸਰੁ ਬਰਮਾ ਇੰਦੁ ॥

ਸੁਣਿਐ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥

ਸੁਣਿਐ ਜੋਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦ ॥

ਸੁਣਿਐ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦ ॥

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥

suniaai iesar barmaa i(n)d ||

suniaai mukh saalaahan ma(n)d ||

suniaai jog jugat tan bhed ||

suniaai saasat simirat ved ||

naanak bhagtaa sadaa vigaas ||
suniaai dookh paap kaa naas ||9||

ਸੁਣਿਐ ਈਸਰੁ ਬਰਮਾ ਇੰਦੁ ॥

suniaai iesar barmaa i(n)d ||

Through alertness towards innate human attributes, the awareness of the exalted self is attained.

ਸੁਣਿਐ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥

suniaai mukh saalaahan ma(n)d ||

Practicing mindfulness, even those inclined towards negativity appreciate positivity.

ਸੁਣਿਐ ਜੋਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦੁ ॥

suniaai jog jugat tan bhed ||

Observant of our being, the mysteries of the unseen mind and the physical body are inferred.

ਸੁਣਿਐ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦੁ ॥

suniaai saasat simirat ved ||

Discerning the knowledge in the spiritual scriptures, wisdom to be aware is attained.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas ||

Nanak says those who are devoted to acquiring wisdom are always in a state of bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥

suniaai dookh paap kaa naas ||9||

Imbibing such practices, the pain of negativity gets eradicated. (9)

Guru Nanak says that with attentiveness towards self-awareness and devotion to gaining wisdom, one attains the bliss of a mental state of eternal joy.

<LISTEN TO SABAD *suniaai iesar barmaa i(n)d*>

After embracing listening to understand our inner constitution and the universal consciousness, Guru Nanak emphasizes that listening is essential to comprehend truth and attain contentment.

Let us now delve into *Pauri* 10.

PAURI 10

The tenth *Pauri* transitions from the second step of *suniaai*, listening that awakens recognition of innate human capacities, to the next step, of *suniaai*, listening, which brings the focus to truth and contentment. When we listen with sincerity, we begin to accept what is true not as a moral duty, but as an act of authenticity. Truth gives rise to contentment, and contentment gives rise to wisdom that cannot be imparted or imposed. Guru Nanak reminds us that the pursuit of truth and contentment offers far deeper fulfilment than mere rituals or the accumulation of information. When knowledge is truly absorbed and lived, it becomes honorable and enhances the lives of those who embody it. Those committed to gaining wisdom blossom from within because truth steadies their mind and dissolves negativity. This discipline of *suniaai* fosters a calm focus, undistracted by external chaos.

Truth is the abode of wisdom, which is indestructible. It is to be in accord with an individual's authentic reality, which cannot be taught but can be learned with self-effort through self-reflection.

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥

ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥

ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵਹਿ ਮਾਨੁ ॥

ਸੁਣਿਐ ਲਾਰੈ ਸਹਜਿ ਧਿਆਨੁ ॥

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥

suniaai sat sa(n)tokh giaan ||

suniaai aThsaTh kaa isnaan ||

suniaai paR paR paaveh maan ||

suniaai laagai sahaj dhiaan ||

naanak bhagtaa sadaa vigaas ||

suniaai dookh paap kaa naas ||10||

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥

suniaai sat sa(n)tokh giaan ||

Accepting the truth, the wisdom to attain contentment is gained.

ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥

suniaai aThsaTh kaa isnaan ॥

Self-reflection is equivalent to physical cleansing at religious pilgrimages.

ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵਹਿ ਮਾਨੁ ॥

suniaai paR paR paaveh maan ॥

Imbibing what has been read to gain wisdom gives one the honour of being honoured.

ਸੁਣਿਐ ਲਾਗੈ ਸਹਜਿ ਧਿਆਨੁ ॥

suniaai laagai sahaj dhiaan ॥

Attention to mindfulness directs the mind to focus on achieving equipoise.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas ॥

Nanak says those who are devoted to acquiring wisdom are always in a state of bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥

suniaai dookh paap kaa naas ॥10॥

By imbibing the mindset to be a listener and a contemplator, the pain of negativity gets irradiated. (10)

Guru Nanak says attention towards gaining contentment and equipoise is more rewarding than adhering to ritualism or acquiring knowledge.

<LISTEN TO SABAD *suniaai sat sa(n)tokh giaan*>

After focusing on *suniaai*, listening, which brings one closer to truth and contentment, Guru Nanak emphasizes that listening is an essential means of comprehending truth and attaining contentment.

Let us now delve into *Pauri 11*.

PAURI 11

The eleventh *Pauri* leads us from the third step of *suniaai*, listening, focused on truth and contentment, to *suniaai*, listening that inspires the mind to explore our longing for the limitless. In our pursuit of achievement and pleasure, we often overlook the inner expansiveness that already resides within and around us. Guru

Nanak reminds us that by understanding the forces of nature and the wisdom shared by enlightened beings who guide us inward, we can begin to perceive the incomprehensible truths that often evade us. Those committed to this transformative journey uncover lasting joy as they anchor in clarity that dismantles negativity. The insights gained through the virtuous attribute of *suniaai* help us to experience the aspired state of bliss.

Unconsciously, the human mind longs for that which is limitless, and the intoxicated mind is not coherent enough to comprehend that it is everywhere. Awareness unfurls when wisdom, which is limitless in nature, unravels the truth of Oneness.

ਸੁਣਿਐ ਸਰਾ ਗੁਣਾ ਕੇ ਗਾਹ ॥
ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ ॥
ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ ॥
ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ ॥
ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥
ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੧॥

suniaai sraa gunaa ke gaeh ||
suniaai sekh peer paatisaeh ||
suniaai a(n)dhe paaveh raahu ||
suniaai haath hovai asgaahu ||
naanak bhagtaa sadaa vigaas ||
suniaai dhookh paap kaa naas ||11||

ਸੁਣਿਐ ਸਰਾ ਗੁਣਾ ਕੇ ਗਾਹ ॥

suniaai sraa gunaa ke gaeh ||

Observing the three forces of nature - action ('rajas'), inertia ('tamas'), and equipoise ('sattva') - gives insight into existence.

ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ ॥

suniaai sekh peer paatisaeh ||

Inspirations from the wisdom of revered beings reveal learnings to introspect for spiritual growth.

ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ ॥

suniaai a(n)dhe paaveh raahu ॥

Contemplation is the guiding force that shows the path of transformation to the ignorant.

ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ ॥

suniaai haath hovai asgaahu ॥

Focusing on unfurling the limitlessness in creation, the unachievable can be achieved.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas ॥

Nanak says those who are devoted to acquiring wisdom are always in a state of bliss.

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੧॥

suniaai dhookh paap kaa naas ॥11॥

By imbibing the mindset to be a listener and a contemplator, the pain of negativity gets irradiated. (11)

Some actions bind, and some liberate, entrapping the mind with the pain of polarities, such as pleasure and pain, good and evil. This dilemma transforms into equipoise by gaining wisdom of one's own divinity as a part of absolute oneness.

<LISTEN TO SABAD *suniaai sraa gunaa ke gaeh*>

After understanding the importance of *suniaai* in *Pauris* 8 to 11, let us expand our understanding of *Jap* through *Pauris* 12 to 15.

REFLECTION POINTERS FOR MODULE 4 – Art of Listening

- What changes in your inner state when listening becomes an act of receptivity rather than a search for confirmation or agreement?
- How does the distinction between hearing information and cultivating wisdom challenge the way you currently consume ideas, teachings, or guidance?

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