

## MODULE 5 – Insights through Acceptance (PAURI 12 to 15)

As *Jap* enters *Pauris* 12–15, the scope of awareness expands from inner qualities to the vastness of creation itself, revealing a universe of immeasurable intricacy and interdependence. While the earlier *Pauris* emphasize cultivating attentive consciousness, this section highlights the importance of acceptance through observation and humility, acknowledging that creation unfolds on a scale far beyond human comprehension or descriptive language. Guru Nanak shows that as we begin to recognise this vast orchestration, our perspective shifts: we realise that the more we accept the patterns of life, the more they foster awe, gratitude, and a deeper trust in this self-sustaining order. This realization broadens our understanding of our role within the greater cosmos. By shifting our perspective, we learn to regard creation not merely as something to quantify, but as a guiding force that leads to a profound recognition and acceptance of the countless realms, forces, and rhythms that shape existence.

Let us now delve into *Pauri* 12.

### PAURI 12

The twelfth *Pauri* invites us to transition from *suniaai*, the skill of receptive listening, to *ma(n)ne*, the powerful ability to accept the realities of existence. This transformative approach enables the mind to embrace life and its diverse aspects, not just passively, but with profound clarity and understanding. Guru Nanak explains that this inner state cannot be fully expressed in words. Attempts to describe it often fall short because acceptance is an experience rather than a concept. It loosens the grip of resistance, quiets the inner struggle, and opens the door to dialogue with life itself. Those who live with acceptance carry a natural ease, an effortless grace that arises from harmonizing with reality. Engaging in the practice of *ma(n)ne* with observation and discretion allows wisdom to reveal the immaculate nature of the mind at peace.

Acceptance is observing life without resistance and allowing oneself to flow with it unconditionally. The benefits and bliss that it may bring are beyond the realms of expression.

ਮੰਨੇ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ ॥

ਜੇ ਕੇ ਕਰੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ ॥

ਮੰਨੇ ਕਾ ਬਹਿ ਕਰਨਿ ਵੀਚਾਰੁ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

ma(n)ne kee gat kahee na jai ||  
je ko kahai pichhai pachhutai ||  
kaagad kalam na likhanhaar ||  
ma(n)ne kaa beh karan veechaar ||  
aaisaa naam nira(n)jan hoi ||  
je ko ma(n)n jaanai mann koi ||12||

ਮੰਨੇ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ ॥

ma(n)ne kee gat kahee na jai ||

Those who practice acceptance cannot express their inner state of being.

ਜੇ ਕੇ ਕਹੈ ਖਿਛੈ ਪਛੁਤਾਇ ॥

je ko kahai pichhai pachhutai ||

If an attempt is made to describe it, it results in disappointment beyond description.

ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ ॥

kaagad kalam na likhanhaar ||

If a writer tries to scribe it, no paper and ink would be enough.

ਮੰਨੇ ਕਾ ਬਹਿ ਕਰਨਿ ਵੀਚਾਰੁ ॥

ma(n)ne kaa beh karan veechaar ||

Those who practise acceptance amicably initiate dialogue.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aaisaa naam nira(n)jan hoi ||

The existence of such beings is immaculate.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

je ko ma(n)n jaanai mann koi ||12||

Those who practice acceptance only are aware of their state of being. (12)

Guru Nanak says one reaps the benefits of acceptance when every moment is recognized as part of the evolutionary flow. This recognition opens the door for an unrestricted dialogue to assimilate wisdom.

<LISTEN TO SABAD *ma(n)ne kee gat kahee na jai*>

After emphasising the first step of embracing the realities of existence through deliberate reflection rather than succumbing to resistance, Guru Nanak suggests the next step: a practice of acceptance that not only reshapes how we view ourselves but also enhances our connection to the world around us.

Let us now delve into *Pauri* 13.

### PAURI 13

The thirteenth *Pauri* deepens the exploration of *ma(n)nai*, acceptance as the essential first step in acknowledging the realities of existence without resistance, to *ma(n)nai* acceptance, which shows how acknowledgement begins to reshape our relationship with ourselves and the world. When acceptance becomes part of our mindset, our awareness sharpens. We begin to see the essence of life more clearly. Challenges feel less threatening. Emotional turbulence becomes manageable. As the fear of change or loss loosens its grip, the idea of birth and death becomes less intimidating, because acceptance brings us back to the present moment where life unfolds. Guru Nanak suggests that acceptance does not equate to resignation or tolerance; it is about allowing thoughts to flow without attachment and embracing life with openness, free from unnecessary resistance.

Acceptance is an ongoing process of evolution that affects one's overall well-being and surroundings. It is the foundation of knowing ourselves and the creation.

ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥

ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥

ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥

ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥

*ma(n)nai surat hovai mann budh ||*

*ma(n)nai sagal bhavan kee sudh ||*

*ma(n)nai muh choTaa naa khai ||*

*ma(n)nai jam kai saath na jai ||*

*aaisaa naam nira(n)jan hoi ||*

*je ko ma(n)n jaanai man koi ||13||*

ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥

ma(n)nai surat hovai mann budh ॥

Those who comprehend the benefits of acceptance adopt and savour them to gain wisdom.

ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥

ma(n)nai sagal bhavan kee sudh ॥

Those who adopt acceptance become aware of the essence of the entire creation.

ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥

ma(n)nai muh choTaa naa khai ॥

Those who adopt acceptance are not affected by adversity and its sufferings.

ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥

ma(n)nai jam kai saath na jai ॥

Those who adopt acceptance do not associate with death or birth.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aaisaa naam nira(n)jan hoi ॥

The existence of such beings is immaculate.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥

je ko ma(n)n jaanai man koi ॥13॥

Those who practice acceptance remain aware of their state of being. (13)

Guru Nanak says acceptance means allowing thoughts to come and go without getting attached to them.

<LISTEN TO SABAD *ma(n)nai surat hovai mann budh*>

After embracing the second step of the transformative practice of acceptance, which positively alters our connection with ourselves and the lives around us, Guru Nanak inspires us to cultivate the next mindset of acceptance that allows us to perceive obstacles not as barriers but as essential elements of our spiritual exploration.

Let us now delve into *Pauri 14*.

## PAURI 14

The fourteenth *Pauri* deepens *ma(n)nai*, which reshapes our relationship with ourselves and the world, to *ma(n)nai* the acceptance, that empowers us to embrace obstacles not as hindrances but as part of our spiritual journey. Guru Nanak explains that acceptance reveals our integrity, not through words but through the way we respond to life. It frees us from rigid paths or dogmatic systems and leads us toward righteousness, fostering inner alignment with truth. Those rooted in acceptance live with clarity and courage because they are above rituals or social expectations. Staying aligned with our conscience fosters *ma(n)nai*, which serves as a bridge between our limitations and our highest potential.

Acceptance is embracing our limitations and challenges without identifying with them. It empowers us to transcend above and beyond to accept facticity.

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥

ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥

ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥੁ ॥

ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸਨਬੰਧੁ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੪॥

ma(n)nai maarag Thaak na pai ||  
ma(n)nai pat siau paragaT jai ||  
ma(n)nai mag na chalai pa(n)th ||  
ma(n)nai dharam setee sanba(n)dh ||  
aaisaa naam nira(n)jan hoi ||  
je ko ma(n)n jaanai man koi ||14||

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥

ma(n)nai maarag Thaak na pai ||

Those who embrace acceptance overcome obstacles during their life journey.

ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥

ma(n)nai pat siau paragaT jai ||

Those who embrace acceptance eventually reveal their own credibility.

ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥੁ ॥

ma(n)nai mag na chalai pa(n)th ॥

Those who embrace acceptance do not follow any particular religious path.

ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸਨਬੰਧੁ ॥

ma(n)nai dharam setee sanba(n)dh ॥

Those who embrace acceptance associate only with righteousness.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aaisaa naam nira(n)jan hoi ॥

The existence of such beings is immaculate.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੪॥

je ko ma(n)n jaanai man koi ॥14॥

Those who practice acceptance only are aware of their state of being. (14)

Guru Nanak states that total acceptance is a spiritual process of accepting the rejection of ritualistic traditions and accepting the rejected societal norms for universal benevolence.

<LISTEN TO SABAD *ma(n)nai maarag Thaak na pai*>

After imbibing the third step of acceptance, through which we gain the power to overcome challenges not as barriers but as integral milestones on the path to realization, Guru Nanak motivates us to take an unbiased approach to acceptance, which not only frees us from limitations but also cultivates an environment where profound insights can flourish within us.

Let us now delve into *Pauri 15*.

## PAURI 15

The fifteenth *Pauri* empowers *ma(n)nai*, acceptance, after having recognized obstacles not as hindrances but as part of our spiritual journey, to *ma(n)nai*, acceptance, which is unconditional and opens within us the freedom to allow profound insights to unfold. Guru Nanak presents that when insights are accepted, then wisdom appears not as abstract knowledge but as a doorway to maturity and clarity. Those who embody acceptance become grounded, transforming their understanding and no longer wandering in confusion as they seek guidance. Their presence of wisdom uplifts not only themselves but also those around them. This

self-transformation into grace through *ma(n)nai* enables individuals to serve as self-guides simply by the way they live.

Total acceptance is embodying it without any conditions; in this way, many doors open to assimilate and disseminate learning for universal enlightenment.

ਮੰਨੈ ਪਾਵਹਿ ਮੋਖੁ ਦੁਆਰੁ ॥

ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ ॥

ਮੰਨੈ ਤਰੈ ਤਾਰੇ ਗੁਰੁ ਸਿਖ ॥

ਮੰਨੈ ਨਾਨਕ ਭਵਹਿ ਨ ਭਿਖ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੫॥

*ma(n)nai paaveh mokh duaar ||*

*ma(n)nai parvaarai saadhaar ||*

*ma(n)nai tarai taare gur sikh ||*

*ma(n)nai naanak bhavah na bhikh ||*

*aaisaa naam nira(n)jan hoi ||*

*je ko ma(n)n jaanai man koi ||15||*

ਮੰਨੈ ਪਾਵਹਿ ਮੋਖੁ ਦੁਆਰੁ ॥

*ma(n)nai paaveh mokh duaar ||*

*Those who embody acceptance find the door to wisdom to emancipate themselves.*

ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ ॥

*ma(n)nai parvaarai saadhaar ||*

*Those who embody acceptance disseminate their experiential wisdom to their fellow beings.*

ਮੰਨੈ ਤਰੈ ਤਾਰੇ ਗੁਰੁ ਸਿਖ ॥

*ma(n)nai tarai taare gur sikh ||*

*Those who embody acceptance liberate themselves, the seers and the seekers.*

ਮੰਨੈ ਨਾਨਕ ਭਵਹਿ ਨ ਭਿਖ ॥

ma(n)nai naanak bhavah na bhikh ॥

Nanak says those who embody acceptance do not wander in ignorance, begging for knowledge.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aaisaa naam nira(n)jan hoi ॥

The existence of such beings is immaculate.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੫॥

je ko ma(n)n jaanai man koi ॥15॥

Those who practice acceptance only know their state of being. (15)

Those who practice acceptance gain the ability to transform their perceptions to reach a realm of pristine existence where they can liberate themselves and others.

<LISTEN TO SABAD *ma(n)nai paaveh mokh duaar*>

After understanding the *ma(n)nai* in *Pauris* 12 to 15, let us expand our understanding of *Jap* through *Pauris* 16 to 19.

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### REFLECTION POINTERS FOR MODULE 5 – Insights through Acceptance

- Where in your life does acceptance redefine resistance not as resignation, but as an active inner alignment with reality?
- If awareness cannot be fully articulated or taught, what does this imply about the limits of following instructions over lived understanding?

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