

MODULE 9 – Resonance of Oneness (PAURI 28 to 31)

As *Jap* proceeds through *Pauris* 28 to 31, it inspires seekers to deepen their relationship with awareness, encouraging them to evolve from a superficial intellectual understanding to a profound, lived experience of alignment and embodiment. Guru Nanak highlights the wonder of how creation unfolds into innumerable forms and roles, each distinct and unique, but they are all connected through an unseen source, the consciousness that shapes and sustains everything, quietly existing beyond perception. By guiding us away from external labels and into the serenity of the inner life, they highlight existence as a vibrant resonance in which universal wisdom flows through every being. It reminds us that the mind is lured by the ego of the separate self, which creates illusions. Once we can tame our ego, we can conquer the illusions of duality. In this realization harmony emerges as the highest form of alignment with the Oneness that permeates creation.

Let us now delve into *Pauri* 28.

PAURI 28

The twenty-eighth *Pauri* furthers the appreciation of *gaaveh*, expression, the vibration of existence, where every thought, an insight, a joyous moment, or struggle reflects the same all-pervading awareness, to *eko*, single, the ultimate reality of one eternal source. Understanding this truth is crucial for our growth and universal well-being. While there are numerous ways to articulate this truth, to experience its essence, the principle of oneness must centre on it. Guru Nanak cautions that rituals, often seen as religious duties, can trap us by suppressing rational thought and obscuring our interconnectedness within a single ecosystem. These rituals are mere symbols and do not lead to true enlightenment. Spiritual growth stems from our inner virtues, which are universal throughout creation but often hidden by the ego. By transcending the ego, we dissolve the illusion of duality and rise above worldly distractions. Embracing the state of *eko* allows us to conquer both our inner and outer worlds, leading to a profound sense of unity, harmony, and freedom.

Rituals are mere tools for discipline to maintain a social order of meaning, purpose, and value. However, when rituals are tied with myths and become the primary requirement of religious adherence, the mind becomes fearful, devoid of rational thinking that virtues are the primary and only source of attaining enlightenment.

ਮੁੰਦਾ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤੁ ਝੋਲੀ ਧਿਆਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ ॥

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ ॥

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੋ ਵੇਸੁ ॥੨੮॥

mu(n)daa sa(n)tokh saram pat jholee dhiaan kee kareh bibhoot ॥

khi(n)thaa kaal kuaaree kaiaa jugat Da(n)Daa parteet ॥

aaiee pa(n)thee sagal jamaatee mann jeetai jag jeet ॥

aades tisai aades ॥

aad aneel anaad anaahat jug jug eko ves ॥28॥

ਮੁੰਦਾ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤੁ ਝੋਲੀ ਧਿਆਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ ॥

mu(n)daa sa(n)tokh saram pat jholee dhiaan kee kareh bibhoot ॥

Symbolically, let contentment be the customary earrings, humility the ceremonial begging bowl, and reflection be the ritualistic application of ash on the body.

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ ॥

khi(n)thaa kaal kuaaree kaiaa jugat Da(n)Daa parteet ॥

Let contemplation on creation and destruction be the religious patched coat, modesty in purity of thoughts be the way of life, and faith be the walking stick.

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

aaiee pa(n)thee sagal jamaatee mann jeetai jag jeet ॥

After realizing all of creation as fellow beings, the mind overcomes duality, comparable to conquering the world.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aades tisai aades ॥

Respect the will of nature this is the universal law.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੋ ਵੇਸੁ ॥੨੮॥

aad aneel anaad anaahat jug jug eko ves ॥28॥

The source, the flawless, the infinite, the eternal, all-pervading unseen energy since time immemorial has been One single primordial entity. (28)

Guru Nanak says perceiving reality in terms of duality influences the mind, to control our actions. Therefore, it is critical to be aware of oneself and one's surroundings. Being aware is a transformative journey that leads to self-fulfilment and universal well-being. If we can conquer our minds, we can win over worldly illusions to embrace Oneness.

<LISTEN TO SABAD *mu(n)daa sa(n)tokh saram pat jholee dhiaan kee kareh bibhoot*>

After accepting oneness, which enables us to transcend the illusions we face both within ourselves and in the world around us, we foster a sense of unity, harmony, and freedom from the constraints of duality. Guru Nanak urges us to recognize that the interplay between singularity and duality significantly shapes our experiences and determines the consequences of our actions, illustrating the powerful law of cause and effect.

Let us now delve into *Pauri 29*.

PAURI 29

The twenty-ninth *Pauri* moves forward from explaining *eko*, single, the ultimate reality of one eternal source and that this truth is crucial to conquering both our inner and outer worlds, for unity, harmony, and freedom to *eko*, single, the singularity of creation, even when duality of union and separation simultaneously operate in the worldly affairs. Guru Nanak reminds us that spiritual knowledge is not the collection of facts but the nourishment that cultivates compassion, self-reflection, and openness. When wisdom and empathy become our daily sustenance, we recognize the same divine vibration within every being. This singularity in duality shapes our experiences and the outcomes of our actions as the law of cause and effect. Honoring this natural order of *eko* aligns us with the flawless, eternal source that connects every aspect of creation.

Spiritual knowledge is not just about accumulating facts and information. It requires consciously developing pro-social behaviours such as compassion, self-reflection, and acceptance of diverse perspectives. It allows thoughtful decisions and considers actions that impact those around us.

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਣਿ ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ ॥

ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਦ ॥

ਸੰਜੋਗੁ ਵਿਜੋਗੁ ਦੁਇ ਕਾਰ ਚਲਾਵਹਿ ਲੇਖੇ ਆਵਹਿ ਭਾਗ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੯॥

bhugat giaan daiaa bha(n)Daaran ghaT ghaT vaajeh naad ||
aap naath naathee sabh jaa kee ridh sidh avaraa saad ||
sa(n)jog vijog dui kaar chalaaveh lekhe aaveh bhaag ||
aades tisai aades ||
aad aneel anaad anaahat jug jug eko ves ||29||

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਣਿ ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ ॥

bhugat giaan daiaa bha(n)Daaran ghaT ghaT vaajeh naad ||
Strive to regard spiritual knowledge as the daily source of sustenance and compassion, the depository. As the same life force vibrates in every part of creation.

ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਦ ॥

aap naath naathee sabh jaa kee ridh sidh avaraa saad ||
The all-pervading unseen consciousness is the supreme master at manifesting material wealth, spiritual wisdom, and miraculous powers, among many other manifestations.

ਸੰਜੋਗੁ ਵਿਜੋਗੁ ਦੁਇ ਕਾਰ ਚਲਾਵਹਿ ਲੇਖੇ ਆਵਹਿ ਭਾਗ ॥

sa(n)jog vijog dui kaar chalaaveh lekhe aaveh bhaag ||
The duality of union and separation simultaneously operate in the worldly affairs. Based on one's actions, the law of cause and effect ordains one's destiny.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aades tisai aades ||
Respecting the will of nature is a universal law.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੯॥

aad aneel anaad anaahat jug jug eko ves ||29||
The source, the flawless, the infinite, the eternal, all-pervading unseen energy since time immemorial has been One single primordial entity. (29)

Guru Nanak says actions and decisions have an effect. Whether the choices are small, insignificant, significant, or transformational, every decision and action sets events into motion, creating effects experienced at individual and universal levels as the source of all beings is the one all-pervading awareness.

<LISTEN TO SABAD *bhugat giaan daiaa bha(n)Daaran ghaT ghaT vaajeh naad*>

After encouraging us to understand that the relationship between singularity and duality greatly influences our experiences, actions, and outcomes, Guru Nanak recommends experiencing the intelligence that flows through various forms and expressions as an all-pervading consciousness, observing everything while remaining unseen, and motivates us to appreciate the uniqueness in all forms as representations of perfection.

Let us now delve into *Pauri 30*.

PAURI 30

The thirtieth *Pauri* progresses the concept of *eko*, single, the singularity in duality of creation, that operates in the worldly affairs, as the reality of existence, to *eko*, single, the unseen consciousness that manifests as countless forms. Each of these forms has its own way of living and a specific role to play in our journey through life; some immerse in earthly experiences, others pursue material goals, and others embark on a spiritual quest. Despite these diverse activities, they all function within the same creative field as part of the natural order. Guru Nanak unfolds that what we call the divine is not a separate spectator; it is the very intelligence moving through diverse forms and expressions as the all-pervading consciousness, observing everything while unseen. Recognising this *eko* fosters anchoring in the respect for the uniqueness in all forms as a form of flawlessness.

Each child born to the same mother exhibits individuality while aiming towards similar developmental milestones. For instance, every child learns to walk at their own pace. As a nurturer, a mother prioritizes the effort rather than the method or pace of achieving the result. Similarly, when individuals are accepted and valued for their unique ways in conformity to the laws of nature to attain spiritual wisdom, they exhibit the courage to accept and love others for their respective uniqueness, thus making the world a better place.

ਏਕਾ ਮਾਈ ਜੁਗਤਿ ਵਿਆਈ ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ ॥

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ ॥

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ ਜਿਵ ਹੇਵੈ ਫੁਰਮਾਣੁ ॥

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੦॥

ekaa maiee jugat viaaiee tin chele parvaan ||
eik sa(n)saaree ik bha(n)Daaree ik laae deebaan ||
jiv tis bhaavai tivai chalaavai jiv hovai furmaan ||
oh vekhai onaa nadar na aavai bahutaa eh viDaan ||
aades tisai aades ||
aad aneel anaad anaahat jug jug eko ves ||30||

ਏਕਾ ਮਾਈ ਜੁਗਤਿ ਵਿਆਈ ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ ॥

ekaa maiee jugat viaaiee tin chele parvaan ||
The singular creator manifests as the creation; in alliance with creativity, it embraces diverse manifestations.

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ ॥

eik sa(n)saaree ik bha(n)Daaree ik laae deebaan ||
Some are engrossed in worldly chores, some in materialism and some hold spiritual congregations.

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ ਜਿਵ ਹੇਵੈ ਫੁਰਮਾਣੁ ॥

jiv tis bhaavai tivai chalaavai jiv hovai furmaan ||
Creator, the all-pervading awareness, orchestrates its manifestations with its will by abiding with its own created laws of nature.

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ ॥

oh vekhai onaa nadar na aavai bahutaa eh viDaan ||
The all-pervading awareness watches everything, yet it can't be seen; this is the most fascinating reality.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aades tisai aades ||
Respecting the will of nature is a universal law.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੦॥

aad aneel anaad anaahat jug jug eko ves ||30||
The source, the flawless, the infinite, the eternal, all-pervading unseen energy since time immemorial has been One single primordial entity. (30)

Guru Nanak says the Omnipresence of the life-giving source is enchanting. It fascinatingly remains intangible yet observes everything by manifesting tangible, diverse forms in nature.

<LISTEN TO SABAD *ekaa maiee jugat viaaiee tin chele parvaan*>

After inviting us to engage with the intelligence that infuses various forms and expressions of an omnipresent consciousness that observes all while remaining unseen, Guru Nanak reveals the profound truth that existence operates as a nurturing force, where every element is interconnected and reliant on one another as part of an ecosystem that flourishes in harmony.

Let us now delve into *Pauri* 31.

PAURI 31

The thirty-first *Pauri* advances the concept of *eko*, single, the unseen consciousness that unfurls as countless forms, each with unique characteristics and roles, to *eko*, single, the oneness in diversity, highlighting that nature is a treasure trove of wondrous manifestations, a visible reflection of the unseen presence that permeates everything. Guru Nanak reflects on the concept that creation is a continuous evolution, sustained and guided by our state of awareness; it is the unfolding of life through reflecting the coherence of the eternal source. Accepting *eko*, the truth that the natural world is a nurturing force, with each element dependent on the others, we come to understand that the ecosystem thrives in harmony, guiding us back to the oneness of the source of creation.

Human beings can lose their connection with nature when they view the earth as a resource to be used rather than something that is a vital part of their being. This outlook can prevent humans from connecting with the natural world as a nurturing force. If humans can accept the truth that the natural world is a nurturing force, with each element depending on the others, they will realize that the ecosystem thrives in harmony. This understanding can lead them back to the oneness of the source of creation.

ਆਸਣੁ ਲੇਇ ਲੇਇ ਭੰਡਾਰ ॥

ਜੇ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ ॥

ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰੁ ॥

ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੧॥

aasan loi loi bha(n)Daar ||
jo kichh paiaa su ekaa vaar ||
kar kar vekhai sirjanhaar ||
naanak sache kee saachee kaar ||
aades tisai aades ||
aad aneel anaad anaahat jug jug eko ves ||31||

ਆਸਣੁ ਲੇਇ ਲੇਇ ਤੰਡਾਰ ॥

aasan loi loi bha(n)Daar ||
Nature is a treasure trove of a wondrous manifestation of the omnipresent force that permeates and governs every aspect of creation.

ਜੇ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ ॥

jo kichh paiaa su ekaa vaar ||
The One omnipresent consciousness that infused its creation with the seed of life continues to evolve.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰੁ ॥

kar kar vekhai sirjanhaar ||
The all-pervading Creator brings the creation into being and sustains its existence.

ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ ॥

naanak sache kee saachee kaar ||
Nanak says those who are truthful are trustworthy in their actions.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aades tisai aades ||
Respecting the will of nature is a universal law.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੧॥

aad aneel anaad anaahat jug jug eko ves ||31||
The source, the flawless, the infinite, the eternal, all-pervading unseen energy since time immemorial has been one primordial entity. (31)

Guru Nanak states that as a universal law we have an inherent and unconditional obligation to respect nature as the ultimate authority for universal benevolence.

<LISTEN TO SABAD *aasan loi loi bha(n)Daar*>

After understanding *eko* in *Pauris* 28 to 31, let us expand our understanding of *Jap* through *Pauris* 32 to 34.

REFLECTION POINTERS FOR MODULE 9 – Resonance of Oneness

- In moments of conflict or judgment, how does remembering a shared underlying source alter your inner response?
- If rituals, identities, or labels promise meaning but reinforce separation, what criteria should guide us as to their relevance in conscious living?

Oneness In Diversity Research Foundation & Lost Heritage Productions

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