

# GURU NANAK DEVJI- TRUE EMBODIMENT OR DANCE OF TRUTH

Guru Nanak Devji is an embodiment or dance of Truth. He was a spiritual leader and a visionary who reshaped the society. Guru challenges us to look at a divine version of ourselves; motivated by emotion of compassion, fairness and equality for all.

*“No one is my enemy and everyone is my friend”* – Guru Nanak words. We see divisions on lines of nationalism, distrust in leadership, and a struggle to look after the environment. The only solution is to see oneness in everyone, fearless non riverleary in our societies and communities. We might not be equal but we are all gifted with a unique gift or there is divinity in everyone and that is seen through the Gurus vision. We need to take on the values of Guru Nanak Devji then only it’s worth celebrating the life and teaching of this visionary individual.

Sikh religion is not just talking about God but its defining oneness through this understanding. It is important to ask oneself the question that have I allowed the guru to transform my thinking and can I see the world through his eyes and if so then we will feel transformation is our experience of life. Are we going through the same emotional turmoil as everyone else? Gurbani teaches us to stay away from Anger, be detached from happiness and sadness. It’s essential to be honest to oneself and realise where one is. Oneness only comes when we start being truly honest with our own selves and then our environment.

Amrit is defined as pure and this means that when one can digest the energy of basic understanding which means, ***“IK-ONENESS”***. This is possible when we are open to Gurmat wisdom then in order to work this complex solution out it is essential to have the ability to listen to the words and stories that carry deep wisdom and connection with our environment and inner world. Gurmat wisdom is Somatic or body and mind connectivity through oneness. Everything that we experience is oneness or togetherness and God is everything all around us. It is important to unlearn and relearn many patterns and agree with the wisdom that actually exists. ***“Jhim Jhim Barse Amrit Dhara”***, means that this oneness is inside me and outside me. So it is an experience coming in various forms and blessings we just need to accept this energy of Amrit or purity that lives around us but we need to recognise it.

Are we allowing the ***‘Sikh mat’*** to enter our lives? Journey of a Sikh is like a drop of water is trying to find its way back to merge into the ocean but the ocean has the drops and the drops have the ocean inside it so how can we believe that there is separation.

**“Rang Ratha Mere Saahib Rav Reha Bharpoor”**, means that my lord and master are imbedded with love and it is totally pervading and permeating in all. This experience can be felt through music, kirtan, words that affect the metaphysical formats and neurological structures of our brain and body connectivity. The importance of learning through meditation and music is very powerful methodology used in this religion and learning structure. There is repetition of a praise word called, **‘WAHEGURU’**, as it connects with the divine version of us. This relationship of compassion when we foster within ourselves then that is the only way to connect with the truth of the world around us and energetically feel for all through this thread of oneness. **“Poore Gur kaa Sun Updes, paarbrahm nikat kar pekh, Simro Gobind”** this means that hear the wisdom from the perfect Guru and see the ultimate divine is so close to you. When chanting we are remembering the life force which is always with us and become aware that we are in the presence of our own being. Let go of hopes and desires that appear like waves, ask only to be humbled before the saints and sages. Try to chant the name of anything that connects us with our core.

**Aap Chod benithe karhu saadhsang agan sagar Tharhu-** let go of you, make this your only desire, and join saintly friends to cross the ocean of fire. Within you is a thought that believes I am doing this prayer and I am creating it all, but that’s the biggest obstacle as we need to allow the universe to teach us that when the breath flows due to it only then we live and that we are not creating anything but the ultimate truth is allowing us we will find great humility and peace.

‘Waheguru’, means praising the oneness that has created us all. We need to be Honouring that deep knowing energy from whom everything came to life. **Har tan ke bhar lehu bhandaar, Nanak gur poore namaskar-** enrich your life with the wealth of the divine Nanak bows to the Guru that is sublime. **SAS SAS SIMRO GOBIND-** Every breath we take is bringing us closer to the divine as we let go of ourselves and celebrate the journey of getting closer to our core or oneness.

**Guru Nanak did not only believe in God but he had the ability to know God.** His message was inter- human and not just inter- faith. Guru Nanak Devji does not try to prove an intellectual philosophy, but he knew that first there was a divine light which created force of nature and that further created life. When rest of the world was experiencing duality, it was only guru Nanak who experienced oneness behind it all.

## **Wisdom of Japji Sahibh by Guru Nanak**

*The winds, fire and water while vibrating, sing the praise of the Lord and the king of Dharma sings at the door, the angels of the conscious and unconscious minds, who write the records of our conduct, sing as the king of Dharma reflects on that record. Brahamsa, Shivas and Devi sings, their beauty is beyond compare. All the Bhodhisattvas sing and even Indra sings seated on a throne. The saddhus and Siddhas sing in deep meditation or Samadhi and deep*

*reflection too. The patient, true ones, fearless and great warriors sing too. The prehistoric sages and Pandits sing through all ages. The mind bewitching beauties sing on earth in heavens and hells too. Those of gem- like consciousness sing at all the holy places where name of God is recited. The planets, solar system, galaxies sing the song of praising the lord as they rotate or move in their places. One true God is always true, gracious, loving and kind. Creating the countless colours of hues and sorts and kind; great masters of illusions made and seen within his mind. God is the King of kings and oh Nanak we have to live in his will by wearing the earring of patience. Hold the begging bowl and wallet of humility, and smear the ashes of meditation on your body. Let your patchwork coat be the remembrance of Death. Follow the path of purity, with the walking stick of faith. Let your sect be the family of man. Defeat your own mind and be triumphant in the world. Hail unto him- Primal, equal and Pure to none. There is no beginning and no end, through all ages, only the one, take your contentment in wisdom, in every heart play one sound current and make kindness your servant. He is the master, with mastery of all magic powers and wealth, and every pleasure. Both Union and loneliness come from him and your conduct writes your great fortune.*

*Out of the marriage of God and Maya three praiseworthy students are born: the Generator, Destroyer and Organizer of all life and worldly forms. As he pleases, all things move according to his order. He sees it all, but none see him, and all are filled with marvel. Within the light of every heart- one soul, the house of treasure, placed there for one and for all time is the spectator and actor or the witness, mover and observer of the noble truth. Oh Nanak the actions of truth are true. From one tongue*

*there came thousands more, millions came from them. Millions of tongues are turning  
and churning, repeating the one lord's name. On the masters path are many steps,  
climb them and come back home. Even the worms in earth who hear divine things are  
longing to come back home. No power to give, receives, take or demand. There is no  
power in worldly might and it does not lie in earthy riches. There is one power, actor,  
knower and doer. Here live souls of countless colors and names, for this planet earth  
are the realm of Dharma, and here is where we reflect on our karma. True is he and  
true is his court. This is the realms of wisdom and let us speaks of it. So many waters,  
winds and fires, many Krishna and Shiva's, so many Brahmas creating colours  
shapes and forms of countless kinds, so many planets, mountains and actions. an  
assortment of ways to learn dedication, so many Indras, suns, galaxies and moons,  
many souls of power and wisdom, goddesses and yogis too. True knowledge gains  
strength in the realm of wisdom, where there are so many joyful sounds and sights, in  
the realm of realization the word is beauty and to speak to this no one has any might.  
From here comes all power to listen in and known. From here the saints come and go.  
In the realm of action the word is power. Here are the warriors, men of the hour, full  
of Gods strength and completely satisfied. Here are polished women that live in*

*tranquillity and happiness. By Gods order, all things are born again. Reflecting deeply, he sees and rejoices, the goldsmith of patience pounds the mallet of wisdom upon the anvil of deep thoughtful. In the cubicle of love, he melts the golden nectar and mints the true coin of the word. This is the labor of those who have been blessed.*

*Ultimate wisdom,*

*“Air is the Guru, water the father and the Earth the great mother of all. In the laps of the two nurses, night and Day, the whole world lives in an Endless play. We must arbitrator the results of our own actions and by our actions we live near or far, those who profoundly know who they are, and have worked hard, can celebrate and go home”.*

*This is the ultimate truth of somatic embodiment in its spiritual dance of wisdom and compassion.*

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