मारू महला ५ घरु ४ असटपदीआ ੴ सतिगुर प्रसादि ॥

चादना चादनु आंगनि प्रभ जीउ अंतरि चादना ॥१॥

The reference here is to the Light. We require light for all activity in this world. Whenever there is some function, we do all kinds of brilliant lighting. But we cannot remove the inner darkness by outward lighting. We pay so much attention to outer lights but we are least concerned about Inner Light which is the source of all outward lights.

When we close our eyes we see only darkness. This is because we have diverted our attention towards the world in its objects and our relations. The Inner Light is only possible when we divert our attention towards God.

आराधना अराधनु नीका हरि हरि नामु अराधना ॥२॥

We have to divert our attention away from the Objective World by worshipping God. We all worship God by various means in whatever religion we are placed. But here we are advised to worship the Name of God which is the Creative Word. This Creative Word cannot be experienced by our senses. It cannot be heard, it cannot be seen, it cannot be spoken, it cannot be written, and it cannot be read.

This Creative Word resounds in all of us at the forehead and can only be heard by the grace of a realized teacher. We have to worship this Creative Word to know God.

तिआगना तिआगनु नीका कामु क्रोधु लोभु तिआगना ॥३॥

In order to unite with the Creative Word within, we are advised to give up Lust, Desire, Anger, and Greed. By desiring things of the world, we shall have to take birth to fulfill our desires. In anger the mind expands and it cannot concentrate. Greed makes us selfish and it draws us away from our oneness with God. These three have to be given up if we wish to worship God.

मागना मागनु नीका हरि जसु गुर ते मागना ॥४॥

We keep on asking God for name, fame, things and comforts of this world. We are advised to ask only for the devotion of the Name of God (Creative Word) from the realized teacher. We have to seek this Creative Word within and the method of its devotion from the realized teacher.

जागना जागनु नीका हरि कीर्तन महि जागना ॥५॥

We are awake as far as this world is concerned but we are asleep towards God. We are advised to awaken ourselves in listening to the Creative Word at the forehead. We have time for everything in the world but we are now advised to find time to know our Creator – God. We have to close our eyes, ears, and mouth from the outside world and divert our attention by repetition of the Name of God duly obtained as spoken word of the realized teacher to hear the Creative Word and see its Light within.

लागना लागनु नीका गुर चरणी मनु लागना ॥६॥

When we shall regularly practice devotion as advised by the realized teacher, we shall find that our mind which was running out towards the Objective World will stop doing so. Without any devotional practice, our mind was finding this task very difficult as it has firmed up its tracks for outward activity whenever we got human birth.

But when we shall regularly practice devotion to the Name of God (Creative Word) within, our mind will slowly start enjoying the activity and the day will come when the Objective World will not interest us and our only interest will be towards God.

इह बिधि तिसहि परापते जा कै मसतकि भागना ॥७॥

When we prepare ourselves as advised in steps 3 to 6 above, we shall definitely realize God. Desire is a wonderful tool give to mankind. All we have to do is register our desire to know God. God is keener than us that we know Him and realize our real heritage and end our status of a wandering visitor to this world forever.

Only God can help us break the chain of birth, death, and rebirth and end our ceaseless wanderings and misery forever and all we have to do is to sincerely desire to know Him.

कहु नानक तिसु सभु किछु नीका जो प्रभ की सरनागना ॥८॥१॥४॥

Guru Nanak Sahib Ji firmly declares that one who surrenders to God, everything is excellent for him. Absolute surrender to God is initially difficult but when we shall practice devotion as advised by the realized teacher, we shall find that surrender to God is the best way out to realize God.

We must remain happy in His will which is nothing but willful payment of our infinite account created out of ignorance of His Law during our long journey to this world. As souls we are part of God and all being equal, we have to account for all drawings in His threefold creation as well our interactions with all other souls, animate or inanimate.

We should be careful not to create new accounts in current life, practice devotion of the Name of God, and invoke Creative Word within while living under the guidance of a fully realized teacher. Our stored accounts will be cleared by our devotion to the Creative Word within.

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Note: This Shabad appears on page 1018 of Sri Guru Granth Sahib Ji and given by Fifth Guru, Sri Arjun Dev Ji.