

**ਸੁਣੀ ਪੁਕਾਰਿ ਦਾਤਾਰ ਪ੍ਰਭੁ ਗੁਰੁ ਨਾਨਕ ਜਗ ਮਾਹਿ ਪਠਾਇਆ।**

**Sunee Pukaari Daatar Prabhu Guru Naanak Jag Maahi Pathhaaiaa |**

The world was full of lies, deceit and falsehood. It required someone to get people out of falsehood and bring truth to the world. Guru Nanak Dev Ji came and provided the knowledge to the world.

**ਚਰਨ ਧੋਇ ਰਹਰਾਸਿ ਕਰਿ ਚਰਣਾਮ੍ਰਿਤੁ ਸਿਖਾਂ ਪੀਲਾਇਆ।**

**Charan Dhoi Raharaasi Kari Charanamritu Sikhaan Peelaiaa |**

He distributed the true knowledge (Charna Amrit) through Gurbani, allowing his disciples to wash away the falsehood, deceit and filth in their mind.

**ਪਾਰਬ੍ਰਹਮ ਪੂਰਨ ਬ੍ਰਹਮ ਕਲਿਜੁਗ ਅੰਦਰਿ ਇਕ ਦਿਖਾਇਆ**

**Paarabrahamu Pooran Brahamu Kalijugi Andari Iku Dikhaaiaa |**

The Dark Age (Kaljug) that had manifested in people's minds and conscious had replaced the truth (God). Guru Ji taught them how to move away from the Kalijug life they were living and make the right decisions by living truthfully by enshrining the true teachings of Gurbani inside of them.

**ਚਾਰੇ ਪੈਰ ਧਰਮ ਦੇ ਚਾਰਿ ਵਰਨ ਇਕ ਵਰਨੁ ਕਰਾਇਆ।**

**Chaaray Pair Dharam Day Chaari Varani Iku Varanu Karaaiaa |**

The four feet of Religion and Caste systems were submerged into one (humanity). Guru Ji unified everyone to remove divisions and to serve all of humanity for the well-being of everyone.

**ਰਾਣਾ ਰੰਕ ਬਰਾਬਰੀ ਪੈਰੀ ਪਵਣਾ ਜਗਿ ਵਰਤਾਇਆ।**

**Raanaa Ranku Baraabaree Pairee Paavanaa Jagi Varataaiaa |**

He brought equality and eradicated the differences which had been embedded into the minds of people. This knowledge and understanding was taught through Gurbani.

**ਉਲਟਾ ਖੇਲੁ ਪਿਰੰਮ ਦਾ ਪੈਰਾ ਉਪਰਿ ਸੀਸੁ ਨਿਵਾਇਆ।**

**Ulataa Khaylu Piranm Daa Piraai Upari Seesu Nivaiaa |**

The laws of God are unique and distinct. They allow us to understand the concept of Ego and use that natural energy of Ego in the correct manner. When the mind connects with God (truth), it realises the greatness of his creation which prevents egotistical thoughts arising.

**ਕਲਿਜੁਗ ਬਾਬੇ ਤਾਰਿਆ ਸਤਿਨਾਮੁ ਪੜ੍ਹਿ ਮੰਤ੍ਰੁ ਸੁਣਾਇਆ।**

**Kalijugu Baabay Taariaa Satinaamu Parhhi Mantr Sunaiaa |**

Guru Nanak Dev Ji came and took out Kaliyug (state of mind) out of people and preached that God is truth and to obtain him you must live by the truth (Satnaam).

**ਕਲਿ ਤਾਰਣ ਗੁਰੁ ਨਾਨਕ ਆਇਆ ॥੨੩॥**

**Kali Taarani Guru Naanaku Aaiaa ||23||**

Guru Nanak came to remove Kaliyug (state of mind) from our minds through Gurbani. Our mind conceptualising every situation to lust, ego or even attachment is a Kalijug state of mind, as we have detached our minds from the Truth.

**- Vaar 1 Pauri 23, Bhai Gurdass Ji**