



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Guru Nanak Dev Ji and Concept of Truthful Living

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ABSTRACT

Shri Guru Nanak Dev Ji is the first guru of Sikhs. He was born on 1469 at 'Rai Bhoi ki Talwandi' in Pakistan. His teachings are foundation of Sikhism. Guru Nanak Dev Ji has taught Kirat Karo, Naam Japo and Vand Shako to his followers. The concept of truth given by Guru Ji is eternal but the ultimate aim should be the truthful living. Every person should bear a good moral character in his life. Sikhs must keep good moral character as a part of daily life, may they be in war or peace. They should not be adulterer. They should not have sinful eye on beauty or wealth of any other's wife, sister or mother. They must stay away from vices like lust, anger, greed, attachment and ego by leading a virtuous and pious life.

Introduction

Shri Guru Nanak Dev Ji was first practitioner of Sikhs who was born on 29 November 1469. His birth is celebrated worldwide as [Guru Nanak Gurbpurab](#) on Kartik Pooranmashi, the full-moon day in the month of [Katak](#), October–November. Guru Nanak Dev Ji travelled the whole world which is popularly known as "Udassis" to communicate the people the message of one God. He told people that every one is creation of God and constitutes the eternal verity. He set up a unique spiritual, social, and political platform grounded on equality, brotherly love, virtuousness and virtue.

Shri Guru Nanak Dev's words are registered in the form of 974 lyrical hymns in the holy '[Guru Granth Sahib](#)'. Some of his major prayers are the [Japji Sahib](#), the [Asa di Var](#) and the Sidh-Ghost. 'Japji Sahib' is the first bani of Shri Guru Granth Sahib Ji which is recited at early morning. It is part of Sikh religious belief that the spirit of Guru Nanak's stanship, divinity and religious authority descended upon each of the nine posterior Gurus when the Guruship was devolved on to them.

The detail about life accounts of Shri Guru Nanak Dev Ji is found in [Janamsakhis](#). [Bhai Gurdas](#) also wrote a lot about Guru Nanak's life in his *vārs*. These were compiled after Nanak's time, and The Vars has less detail than the Janamsakhis.

Teachings of Guru Nanak Dev Ji

Shri Guru Nanak's teachings are in Gurmukhi and are compiled in the Sikh scripture [Guru Granth Sahib](#). There are two contending propositions on Guru Nanak's trainings. One, according to Cole and Sambhi, is grounded on oleagnious [Janam sakhis](#), and states that Nanak's teachings and Sikhism was a disclosure from God, and not a social protest movement nor any attempt to reconcile Hinduism and Islam in the 15th century. According to Singha, "Sikhism does not subscribe to the theory of incarnation or the concept of prophet-hood. But it has a pivotal concept of Guru. He is not an incarnation of God, not even a prophet. He is an illuminated soul."

Guru Nanak, taught to humanity that the spiritual life and householder life are intertwined. A human being should adopt Grahait Marg to attain the Nirvaan. In Sikh worldview, the everyday world is part of the horizonless Reality, increased spiritual mindfulness which leads to vibrant participation in the everyday world. Guru Nanak, described living an "active, creative, and practical life" of "truthfulness, fidelity, self-control and purity" as being advanced than the [metaphysical](#) truth.

Through popular tradition, Nanak's teaching is understood to be rehearsed in three ways:

- [Vand Chakkō](#): participation with others, helping those with less who are in need
- [Kirat Karō](#): making a living actually, without any fraud
- [Naam Japna](#): Meditating on God's name

Shri Guru Nanak told the humanity that [Nam Japna](#) is the foremost task of an individual, that is repetition of God's name and attributes, as a means to feel God's presence.

Concept of Truth and Truthful Living

Guru Nanak Dev Ji preached truth being operative form of SAT (ਸਤਿ), which denotes ever existent knowledge, the inflexible reality, the immutable nature of the God .It has always considered as an important value and powerful force in day to day Sikh life which the Guru Ji emphasized. Bhai Lahina learnt to emulate the truth while being in the holy proximity of Guru Nanak.

The concept of truth is ultimate reality according to teachings of Guru Nanak Dev Ji but Guru Ji has laid stress on truthful living more than the truth. The concept of truthful living can be said as foundation of Sikhism:

ਸਚਹੁ ਚਰੈ ਸਭੁ ਕੇ ਉਪਰਿ ਸਚੁ ਆਚਾਰੁ ॥੫॥

Sachahu orai sabh ko upar sach achār.(5)

Truth is high but higher still is truthful living.(5)

The quote mentioned above is an important saying of Shri Guru Nanak Dev Ji, The first Sikh Guru. Most religions revere the Truth. Hinduism tells us that truth is ever triumphant. "You shall know the Truth and Truth shall make you free," promises the Bible. Guru Nanak, too, reminds us that "Truth is the panacea of all ills," and that "Truth is high but higher still is truthful living." God's name, according to Sikhi is said to be the "Truth". The Guru wants us to realize that God watches us all the time and that our lives are spent under his constant gaze. Just like a mother watches a small baby, the Lord watches us all. "He created all, and He Himself watches over us. Some are close to Him, and some are far away." The way we behave in our life brings us near or takes us away! Only by following the path of truthfulness can one get nearer to the Lord.

So the Guru wants us to remember this and live a pure and truthful life .Guru Ji said that only the human beings who are endowed with these positive virtues will be accepted in His domain; all others will be rejected. "O Lord, in my mind I remain conscious of You; with my tongue I worship You, and with my eyes, I gaze upon You. (1)(Pause)". Dwell on this and remember the Creator always!

Guru Nanak Dev Ji said that the Sikhs must keep good moral character as a part of daily life, may they be in war or peace. They should not be adulterer. They should not have sinful eye on beauty or wealth of any other's wife, sister or mother. They must stay away from vices like lust, anger, greed, attachment and ego by leading a virtuous and pious life.

Conclusion

Guru Nanak Dev Ji's teachings are the foundations of Sikhi as he his founder of Sikhism. Every follower of Sikhism must apply the teaching of guru in their life. We should follow the path of truth but still our aim should be moral character building. Today, when the people of the world are, all too often, engaged in the basest instincts; sleaze, deception, greed and even war, it is a good time to re-affirm the teachings of the great Gurus. The suffering of the world is bound to continue while the powerful leaders in positions of strength; heads of nations, corporations, institutions, etc., continue to move away from lives of honesty, truthfulness, compassion, humility and service.

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