

Sauchai, sauch na hovayee; je sochee lakh vaar
Chupai, Chup na hovayee; je laye raha liv thaar
Bhukeya, Bhuk n uthree; je banna pureeyaa bhaar
Sehs syaanupa lakh hohi; tha ik na chalai naal
Kiv, sachiyaaraa hoyeeai; kiv, koorhai thutai paal(i)
Hukum rajayee chalnaa; nanak likheya naal [[1]]

Who were the *Sidhas*?

Guru Nank Dev Jee travelled to many areas within India (including Pakistan; the partition hasn't taken place yet) to deliver the message from *Akal Purkh Vaheguru*. On their travels they went to Mount *Sumer* where spiritual ascetics known as *Sidhas* resided. Recluses to the world, they had extended their lifespan through controlling the pace of their breathing and had accumulated various spiritual powers through yoga and other such ritualistic actions. They were known as the 84 *sidhas*. As we have 'geniuses' in the modern age, they are said to be the most scholarly, philosophically, gifted group of people in the whole of mankind. So much so, that they had retreated to the mountains and made their society inaccessible to the layman. Their arrogance was at peak and being unfamiliar with the character of Guru Nanak they undermined his presence. They were soon proven wrong and were dumbfounded when Guru Nanak refuted all of their claims and beliefs and instead revealed divine knowledge previously unknown to them in the verses of *Sri Jap(u) Ji Sahib*. Guru Nanak met them on two occasions, at least once at their residence at Mount *Sumer* and secondly at *Achal Batala*. The *pauris* in *jap(u) ji sahib* are a response to some of their questions at Mount *Sumer*. In fact, the questions themselves are of such intellect that they surpass any theological reasoning of this day and age.

Question 1 by the *Sidhas*:

Kiv, sachiyaaraa hoyeeai; kiv, koorhai thutai paal(i)

How can man become pure and break the 'barrier' of falsehood?

Satguru Sri Guru Nanak Dev Jee before pursuing an answer to the question of the *Sidhas* asked them to answer their own question based on their beliefs. The *Sidhas* began explaining their beliefs.

Firstly they claimed 'ritual purity' or the 'cleansing of their physical body' was the means to achieving 'true' purity.

Guru Nanak Dev Jee replied

Sauchai, sauch na hovayee; je sochee lakh vaar

Sauchai/Sauch = purity/purification na= does not hovayee = happen je = if
sochee =cleaned lakh = 100,000 vaar = time.

O Sidhas purity or cleanliness is not achieved through (ritual) cleaning ; even if it is done 100,000's of times. Gurbani supports this:

anik jalaa je dhovai dhehee ||

The body may be washed with loads of water,

mail n uthrai sudh n thehee ||2||

*And yet its filth is not removed, and it does not become clean. ||2||
(Gauri Mahalla 5, ang 200)*

This body is like a mud hut, no matter how much you wash it, dirt still seeps through the pores of the skin. Gurbani says:

navai chhidhr sreveh(i) apavithraa ||

*The nine holes (of the body) pour out filth.
(Maroo Mahalla 4, Ang 998)*

After the complete Guru refuted their first argument they claimed ritual silence of the tongue, i.e. refraining from speaking was the second means to achieving true purity according to their belief system.

Chupai, Chup na hovayee; je laye raha liv thaar

Chupai = silence Chup = quietness na = is not hovayee= achieved je=
if laye raha= engrosses themselves liv thaar = concentration

Silencing the tongue alone, does not achieve silence (as the mind speaks more than the tongue anyways); even if one was to engross in deep concentration.

monee hoye baithaa ikaanthee hirdhai kalpan gaatthaa ||

*Another person on silence sits alone, but his heart is tied in knots of desire.
(Maroo Mahalla 5, ang 1003)*

Then the *Sidha's* said O Guru Nanak Sahib Jee the third way that we prescribe for absolute purity is fasting. Satguru Nanak Dev Jee Maharaj rejected such rituals:

Bhukheya, Bhukh na uthree; je banna pureeyaa bhaar

Bhukeya = Through hunger Bhukh= hunger na = is not uthree=
removed je= if banna= tie pureeyan = worlds bhaar = weight

Through remaining hungry (fasting), the hunger of the body cannot be satiated let alone the mind. And if through fasting one accumulates (as per vedic belief) objects (physical objects and spiritual powers) to fill the weight of the world his hunger is not diminished.

After this the *Sidhas* gave their final take on the way to achieve absolute purity: The fourth way - the study and the knowledge of scripture.

sehs syaanupa lakh hohi; tha ik na chalai naal

sehs = 1000's syaanupa = techniques taught lakh = 100,000's tha
= even then ik na = not one chalai naal = accompanies with you

O Sidhas, even if one was to have learnt hundreds and thousands of techniques prescribed from knowledge in thousand's of books even then any of these would not accompany you on the quest for absolute truth and purity.

The *Sidhas* became dumbfounded and asked Sri Guru Nanak Dev Jee, the vessel of divine knowledge to explain how true purity can be achieved.

Kiv, sachiyaaraa hoyeeai; kiv, koorhai thutai paal(i)

Kiv = how sachiyaara = purity hoyeeai = can be achieved kiv = how
koorhai = falsehood, dirt, illusion thutai = break paal(i) = barrier

How can man become pure and break the 'barrier' of falsehood?

Guru Nanak Sahib became merciful and replied:

hukum rajayee chalnaa; nanak likheya naal [[1]]

hukum = will/order rajayee = will chalana = to be in nanak = Sri Guru Nanak
Dev Jee likehya = written naal= with

O Sidhas, To be pure one must live and follow the will of God. Sri Guru Nanak Dev Jee says Every man has this method prescribed to him when he is sent from the court of God to the earth.