

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦਿਆਂ ਓਦਾਸੀਆਂ

*Missionary Travel's of Gurus Nanak Dev Jee*

Sidh's/ Yogis Question to Guru Nanak About His Reason for Missionary Travels

ਕਿਸੁ ਕਾਰਣਿ ਗਿਹੁ ਤਜਿਓ ਉਦਾਸੀ ॥  
ਕਿਸੁ ਕਾਰਣਿ ਇਹੁ ਭੇਖੁ ਨਿਵਾਸੀ ॥  
ਕਿਸੁ ਵਖਰ ਕੇ ਤੁਮ ਵਣਜਾਰੇ ॥  
ਕਿਉ ਕਰਿ ਸਾਥੁ ਲੰਘਾਵਹੁ ਪਾਰੇ ॥੧੭॥

*"Why have you left your house and become a wandering Udaasee? Why have you adopted these religious robes? What merchandise do you trade? How will you carry others across with you?"* ॥

Guru Nanak's Answer

ਗੁਰਮੁਖਿ ਖੋਜਤ ਭਏ ਉਦਾਸੀ ॥  
ਦਰਸਨ ਕੈ ਤਾਈ ਭੇਖੁ ਨਿਵਾਸੀ ॥  
ਸਾਚ ਵਖਰ ਕੇ ਹਮ ਵਣਜਾਰੇ ॥  
ਨਾਨਕ ਗੁਰਮੁਖਿ ਉਤਰਸਿ ਪਾਰੇ ॥੧੮॥

*"Became a wandering Udaasee, searching for the Gurmukhs. I have adopted these robes seeking the Blessed Vision of the Lord's Darshan.*

*I trade in the merchandise of Truth. O Nanak, as Gurmukh, I carry others across. ॥18॥*

# ਬਾਬੇ ਤਾਰੇ ਚਾਰ ਚਕ ਨੌ ਖੰਡ ਪ੍ਰਿਥਮੀ ਸਚਾ ਢੋਆ॥

Baba liberated all four directions and nine divisions of earth.

*Vaars Bhai Gurdas Ji.*

## Synopsis of Guru ji's Travels

Total Estimated Distance Traveled – 8000 Miles

Mode – On Foot

Estimated Time – 26 Years

Companions – Bala, a Hindu & Mardana, a Muslim

<u>Udasi</u>	<u>Period</u>	<u>Place</u>
First	1498-1508	East, up to East Bengal
Second	1508-1513	South, up to Sri Lanka
Third	1513-1518	North, up to Tibet & China
Fourth	1518-1524	West, up to S.Arabia



Note – There are differences among researchers on dates & lengths of each Udasi, or missionary travel. These dates are derived from various sources

# Guru Nanak Traveled Far & Wide to Spread the Message of Universality & God Consciousness



## Key Messages

- There is One God for all of creation, a loving Creator attainable through the Grace
- Seek the core of your faith and don't get caught in mindless rituals
- Absolute Equality of Humanity
- Living a moral, truthful and hardworking existence
- Selfless service towards the entire Creation
- Humility and loving action
- Defending the rights of the downtrodden and oppressed

# Also He Wanted to Meet Spiritually Enlightened People & Collect Their Wisdom (Bani)

- **Guru Nanak Dev Ji Always Carried a Pothi (book) With Him Where He Recorded All His Shabads / Bani \***
  - According to Puratan Janamsakhi, the first nine pauries (stanzas) of Asa ki Var, were uttered by the Guru during the discussion with Sheikh Brahm, descendent of Baba Farid ji, and other fifteen pauries of Asa Ki Var were uttered for Duni Chand Dhuper of Lahore
  - Many instances Bani was in form of dialogue used to clear fundamentals or explain new doctrine
- **He Gathered Bani of Hindu Bhagats/ Saints and Muslim Fakirs**
  - In Banaras he collected Bani of Bhagat Kabir ji, Bhagat Ravidas ji, Ramanand ji, Bhagat Sain ji & Bhagat Pipa ji
  - In Pakpatan, he got Bani of Baba Farid ji from Sheikh Brahm



\* Sikh Missionary College, Life Sketch & Teachings of Guru Nanak. Some scholars/ researchers also believe that Bani was recorded by Sikhs

# 1st Udasi / Missionary Travel

## Key Encounters - Sidhs, Yogis, and other Religious Centers

Guru Nanak Challenged and Revolutionized the Religious, Social, Political and Cultural Dogmas in the Society to Uplift the Oppressed and Downtrodden people of South East Asia.



# Discourse in Eminabad (Saidpur, Pakistan)

## Absolute Equality for Humanity



Guru Nanak jee explained to Malik Bhago, that honest living earned by Bhai Lalo (a low caste) is sacred and graceful, while living earned by dishonesty is immoral and sinful. The former is pure like milk while later is like blood squeezed from the poor and innocent people.

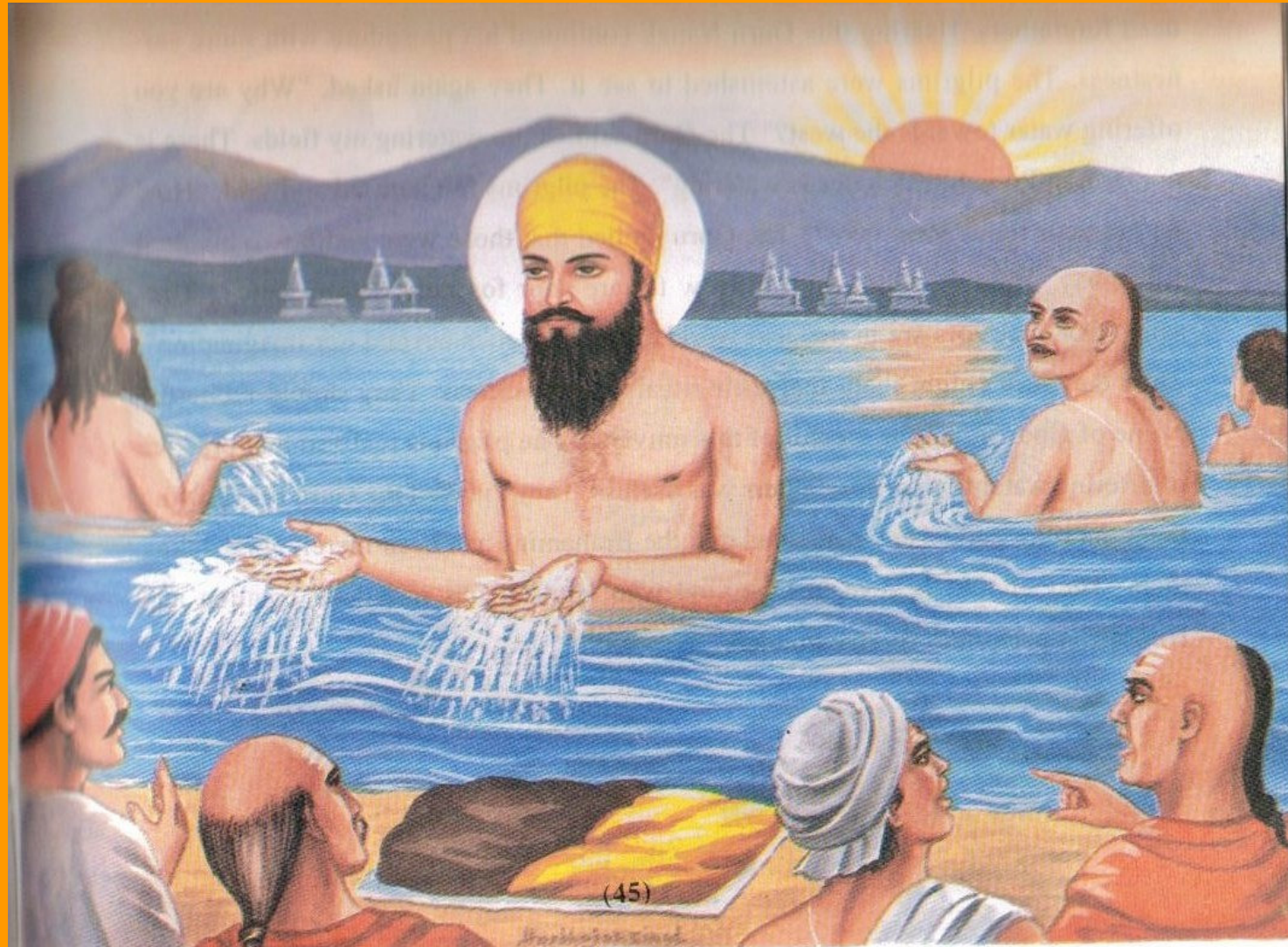
ਨੀਚਾ ਅੰਦਰਿ ਨੀਚ ਜਾਤਿ ਨੀਚੀ ਹੂ ਅਤਿ ਨੀਚੁ ॥  
ਨਾਨਕੁ ਤਿਨ ਕੈ ਸੰਗਿ ਸਾਥਿ ਵਡਿਆ ਸਿਉ ਕਿਆ ਰੀਸ ॥  
ਜਥੈ ਨੀਚ ਸਮਾਲੀਅਨਿ ਤਿਥੈ ਨਦਰਿ ਤੇਰੀ ਬਖਸੀਸ  
॥੪॥੩॥

Siri Raag M 1, Panna 15

Nanak seeks the company of the lowest of the low class, the very lowest of the low (oppressed and downtrodden people). Why should he try to compete with the great?  
In that place where the lowly are cared for – there, the Blessings of Your Glance of Grace rain down.

# Discourses in Hardwar (India)

## Shun Purposeless Rituals & Superstitions



ਛਛੈ ਛਾਇਆ ਵਰਤੀ ਸਭ ਅੰਤਰਿ ਤੇਰਾ ਕੀਆ ਭਰਮੁ ਹੋਆ ॥  
ਭਰਮੁ ਉਪਾਇ ਭੁਲਾਈਅਨੁ ਆਪੇ ਤੇਰਾ ਕਰਮੁ ਹੋਆ ਤਿਨੁ ਗੁਰੂ  
ਮਿਲਿਆ ॥੧੦॥

Raag Asa M 1, Panna 432

Chhachha: Ignorance exists within everyone; doubt is Your doing, O Lord. Having created doubt, You Yourself cause them to wander in delusion; those whom You bless with Your Mercy meet with the Guru.

Guru Nanak jee enlightened people, that mindless ritualistic practice of throwing water towards Sun, would not cleanse the souls of their ancestors or do any good to themselves.



# Dialogues with *Siddhs* in Nanakmata (India)

## Only Outward Marks & Attire Can't Make One Ascetic



Yog-mat is one of the oldest religions of India, & yogis are followers of Shivji who is considered supreme yogi. Yog has 12 sects (panths) & Aai panth is considered supreme by its yogis. Yogis who obtain miracle powers thru their meditation are called Sidhs.

ਜੋਗੁ ਨ ਖਿੰਥਾ ਜੋਗੁ ਨ ਡੰਡੈ ਜੋਗੁ ਨ ਭਸਮ ਚੜਾਈਐ ॥  
ਜੋਗੁ ਨ ਮੁੰਦੀ ਮੂੰਡਿ ਮੁਡਾਇਐ ਜੋਗੁ ਨ ਸਿੰਝੀ ਵਾਈਐ ॥  
ਅੰਜਨ ਮਾਹਿ ਨਿਰੰਜਨਿ ਰਹੀਐ ਜੋਗ ਜੁਗਤਿ ਇਵ  
ਪਾਈਐ ॥੧॥  
ਗਲੀ ਜੋਗੁ ਨ ਹੋਈ

Suhi M 1, Panna 730

Asceticism is not the patched coat nor it is the walking stick. Neither it is smearing the body with ashes. Asceticism is not the ear-rings, and not the shaven head. It is not the blowing of the horn.

Remaining unblemished in the midst of the filth of the world - this is the way to attain Asceticism. ||1||

# How One Can Become a Yogi or a Spiritual Person?

ਮੁੰਦਾ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤੁ ਝੋਲੀ ਧਿਆਨ ਕੀ ਕਰਹਿ  
ਬਿਭੂਤਿ ॥

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ  
ਪਰਤੀਤਿ ॥

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ

Make contentment your ear-rings, humility your begging bowl, and meditation the ashes you apply to your body. Let the remembrance of death be the patched coat you wear, let the purity of virginity be your way in the world, and let faith in the Lord be your walking stick. See the brotherhood of all mankind as the highest order of Yogis; conquer your own mind, and conquer the world.

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਣਿ ਘਟਿ ਘਟਿ  
ਵਾਜਹਿ ਨਾਦ ॥

ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ  
ਸਾਦ ॥

ਸੰਜੋਗੁ ਵਿਜੋਗੁ ਦੁਇ ਕਾਰ ਚਲਾਵਹਿ ਲੇਖੇ ਆਵਹਿ  
ਭਾਗ ॥

Let spiritual wisdom be your food, and compassion your attendant. The Sound-current of the Naad vibrates in each and every heart.

He Himself is the Supreme Master of all; wealth and miraculous spiritual powers, and all other external tastes and pleasures, are all like beads on a string.

Union with Him, and separation from Him, come by His Will. We come to receive what is written in our destiny.

# Discourses in Prayaag (Allahabad, India)

There is One God, attainable through  
Grace and Meditation



ਤੀਰਥਿ ਨਾਵਣ ਜਾਉ ਤੀਰਥੁ ਨਾਮੁ ਹੈ ॥  
ਤੀਰਥੁ ਸਬਦ ਬੀਚਾਰੁ ਅੰਤਰਿ ਗਿਆਨੁ ਹੈ ॥  
ਗੁਰ ਗਿਆਨੁ ਸਾਚਾ ਥਾਨੁ ਤੀਰਥੁ ਦਸ ਪੁਰਬ ਸਦਾ ਦਸਾਹਰਾ ॥  
ਹਉ ਨਾਮੁ ਹਰਿ ਕਾ ਸਦਾ ਜਾਚਉ ਦੇਹੁ ਪ੍ਰਭ ਧਰਣੀਧਰਾ ॥

Raag Dhanasaree M 1, Panna 687

*Why should I bathe at sacred shrines of pilgrimage? The Naam, the Name of the Lord, is the sacred shrine of pilgrimage.*

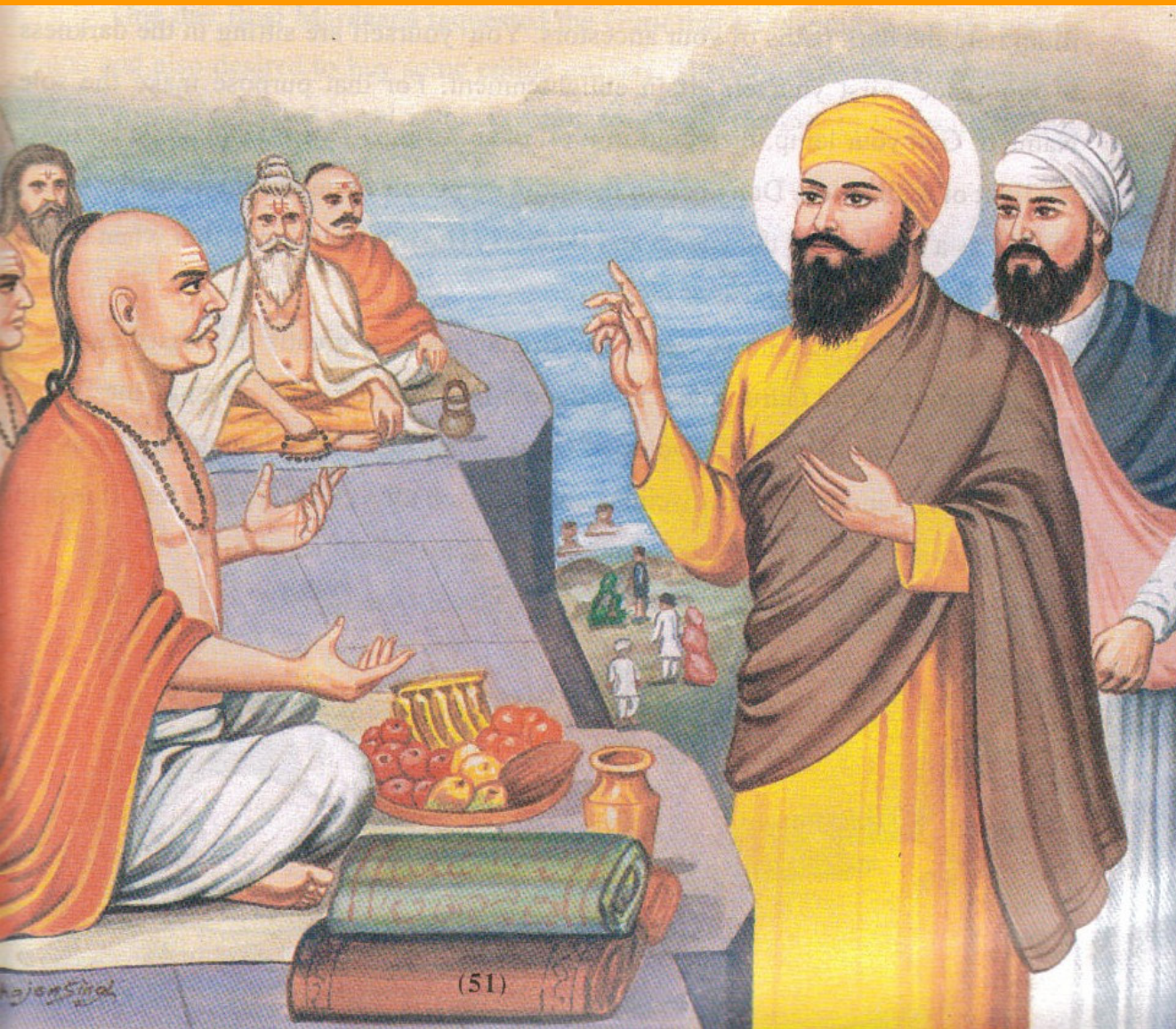
*My sacred shrine of pilgrimage is spiritual wisdom within, and contemplation on the Word of the Shabad.*

*The spiritual wisdom given by the Guru is the True sacred shrine of pilgrimage, where the ten festivals are always observed.*

Guru jee showering the wisdom of Naam, the realization of God to the people.

# Discourses in Benares (Varanasi, India)

## God Can be Attained Through Grace and Meditation



Guru jee enlightening the Pundits (Clergymen) about the True Realization of All Mighty God, through Meditation, Not be merely doing False beliefs and rituals .

ਪੜਿ ਪੁਸਤਕ ਸੰਧਿਆ ਬਾਦੰ ॥ ਸਿਲ ਪੂਜਸਿ ਬਗੁਲ ਸਮਾਧੰ ॥  
ਮੁਖਿ ਝੂਠ ਬਿਭੂਖਣ ਸਾਰੰ ॥ ਤ੍ਰੈਪਾਲ ਤਿਹਾਲ ਬਿਚਾਰੰ ॥  
ਗਲਿ ਮਾਲਾ ਤਿਲਕੁ ਲਿਲਾਟੰ ॥ ਦੁਇ ਧੋਤੀ ਬਸਤ੍ਰ ਕਪਾਟੰ ॥  
ਜੇ ਜਾਣਸਿ ਬ੍ਰਹਮੰ ਕਰਮੰ ॥ ਸਭਿ ਫੋਕਟ ਨਿਸਚਉ ਕਰਮੰ ॥  
ਕਹੁ ਨਾਨਕ ਨਿਹਚਉ ਧਿਆਵੈ ॥ ਵਿਣੁ ਸਤਿਗੁਰ ਵਾਟ ਨ ਪਾਵੈ  
॥੨॥

Raag Aasaa, Panna 470

*You read your books and say your prayers, and then engage in debate; you worship stones and sit like a stork, pretending to be in Samadhi. With your mouth you utter falsehood, and you adorn yourself with precious decorations; you recite the three lines of the Gayatri three times a day. Around your neck is a rosary, and on your forehead is a sacred mark; upon your head is a turban, and you wear two loin cloths. If you knew the nature of God, you would know that all of these beliefs and rituals are in vain. Says Nanak, meditate with deep faith; without the True Guru, no one finds the Way. ||2||*

# Discourses in JaganNath Puri (Eastern India)



Guru jee Enlightened People the True Meaning of "Aartee" – A Way of Worshipping the Lord. The Entire Universe is His Creation and The Sun, The Moon, The Stars and The Vegetation, Complement the Existence of Almighty God.

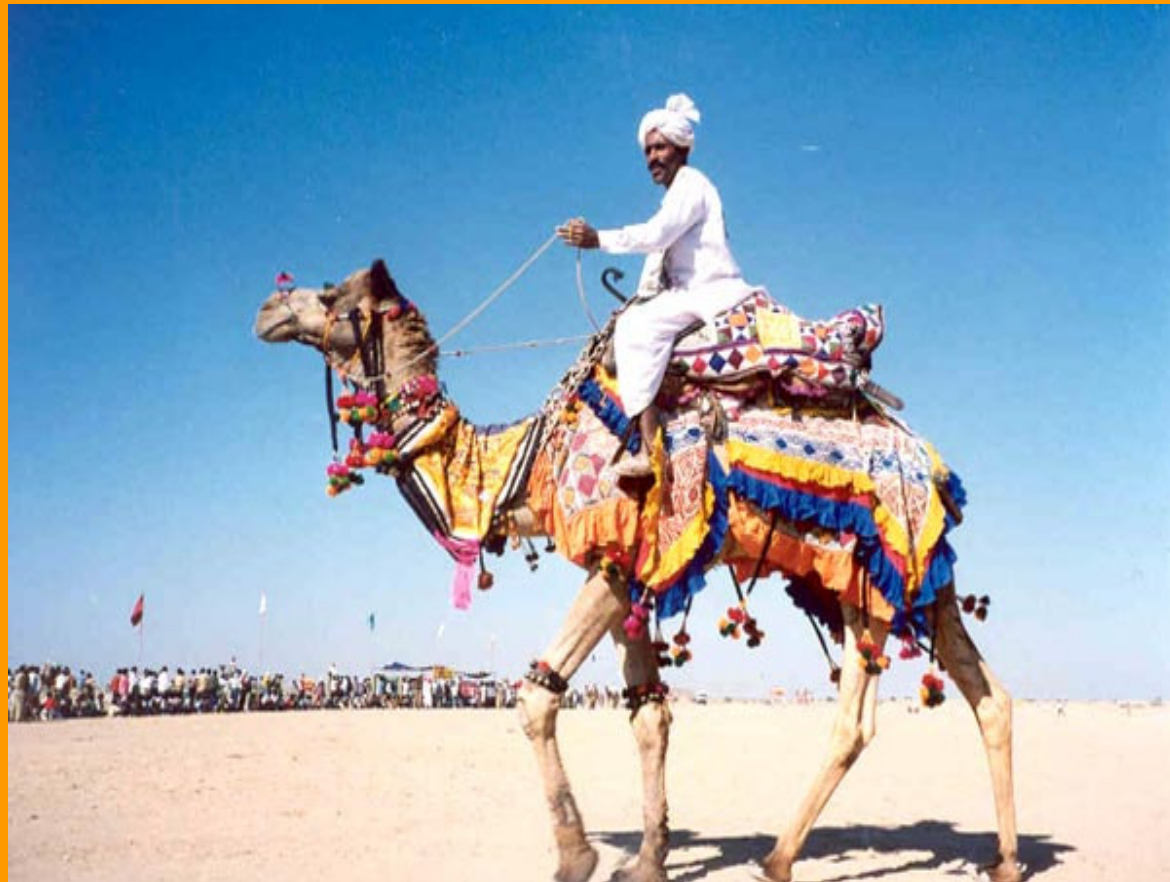
ਗਗਨ ਮੈ ਥਾਲੁ ਰਵਿ ਚੰਦੁ ਦੀਪਕ ਬਨੇ ਤਾਰਿਕਾ ਮੰਡਲ ਜਨਕ  
ਮੋਤੀ ॥ ਧੂਪੁ ਮਲਆਨਲੋ ਪਵਣੁ ਚਵਰੋ ਕਰੇ ਸਗਲ ਬਨਰਾਇ  
ਫੂਲੰਤ ਜੋਤੀ ॥੧॥ ਕੈਸੀ ਆਰਤੀ ਹੋਇ ਭਵ ਖੰਡਨਾ ਤੇਰੀ ਆਰਤੀ  
॥ਅਨਹਤਾ ਸਬਦ ਵਾਜੰਤ ਭੇਰੀ ॥੧॥ ਰਹਾਉ ॥

Raag Dhanaasree, Panna 663

In the bowl of the sky, the sun and moon are the lamps; the stars in the constellations are the pearls. The fragrance of sandalwood is the incense, the wind is the fan, and all the vegetation are flowers in offering to You, O Luminous Lord. ||1||  
What a beautiful lamp-lit worship service this is! O Destroyer of fear, this is Your Aartee, Your worship service. The sound current of the Shabad is the sounding of the temple drums. ||1||Pause||

# Discourses in Rajasthan (Western India)

Responsible for Your Actions. Don't  
Pollute the Environment



ਸੋਈ ਚੰਦੁ ਚੜਹਿ ਸੇ ਤਾਰੇ ਸੋਈ ਦਿਨੀਅਰੁ ਤਪਤ ਰਹੈ ॥  
ਸਾ ਧਰਤੀ ਸੋ ਪਉਣੁ ਝੁਲਾਰੇ ਜੁਗ ਜੀਅ ਖੇਲੇ ਥਾਵ ਕੈਸੇ ॥੧॥  
ਜੀਵਨ ਤਲਬ ਨਿਵਾਰਿ ॥ ਹੋਵੈ ਪਰਵਾਣਾ ਕਰਹਿ ਧਿਕਾਣਾ ਕਲਿ  
ਲਖਣ ਵੀਚਾਰਿ ॥੧॥ ਰਹਾਉ ॥ ਕਿਤੈ ਦੇਸਿ ਨ ਆਇਆ  
ਸੁਣੀਐ ਤੀਰਥ ਪਾਸਿ ਨ ਬੈਠਾ ॥ ਦਾਤਾ ਦਾਨੁ ਕਰੇ ਤਹ ਨਾਹੀ  
ਮਹਲ ਉਸਾਰਿ ਨ ਬੈਠਾ ॥੨॥

Raag RaamKalee, Panna 902

The same moon rises, and the same stars; the same sun shines in the sky. The earth is the same, and the same wind blows. The age in which we dwell affects living beings, but not these places. ||1||

Give up your attachment to life. Those who act like tyrants are accepted and approved - recognize that this is the sign of the Dark Age of Kali Yuga.

||1||Pause|| Kali Yuga has not been heard to have come to any country, or to be sitting at any sacred shrine. It is not where the generous person gives to charities, nor seated in the mansion he has built. ||2||

# Encounters in Sri Lanka (Sangladeep)

## Serve Only the Lord



Local ruler Shiv Nabh sent his beautiful courtesans to tempt and Test Guru Nanak

ਗਾਛਹੁ ਪੁਤ੍ਰੀ ਰਾਜ ਕੁਆਰਿ ॥  
ਨਾਮੁ ਭਣਹੁ ਸਚੁ ਦੋਤੁ ਸਵਾਰਿ ॥  
ਪ੍ਰਿਉ ਸੇਵਹੁ ਪ੍ਰਭ ਪ੍ਰੇਮ ਅਧਾਰਿ ॥  
ਗੁਰ ਸਬਦੀ ਬਿਖੁ ਤਿਆਸ ਨਿਵਾਰਿ ॥

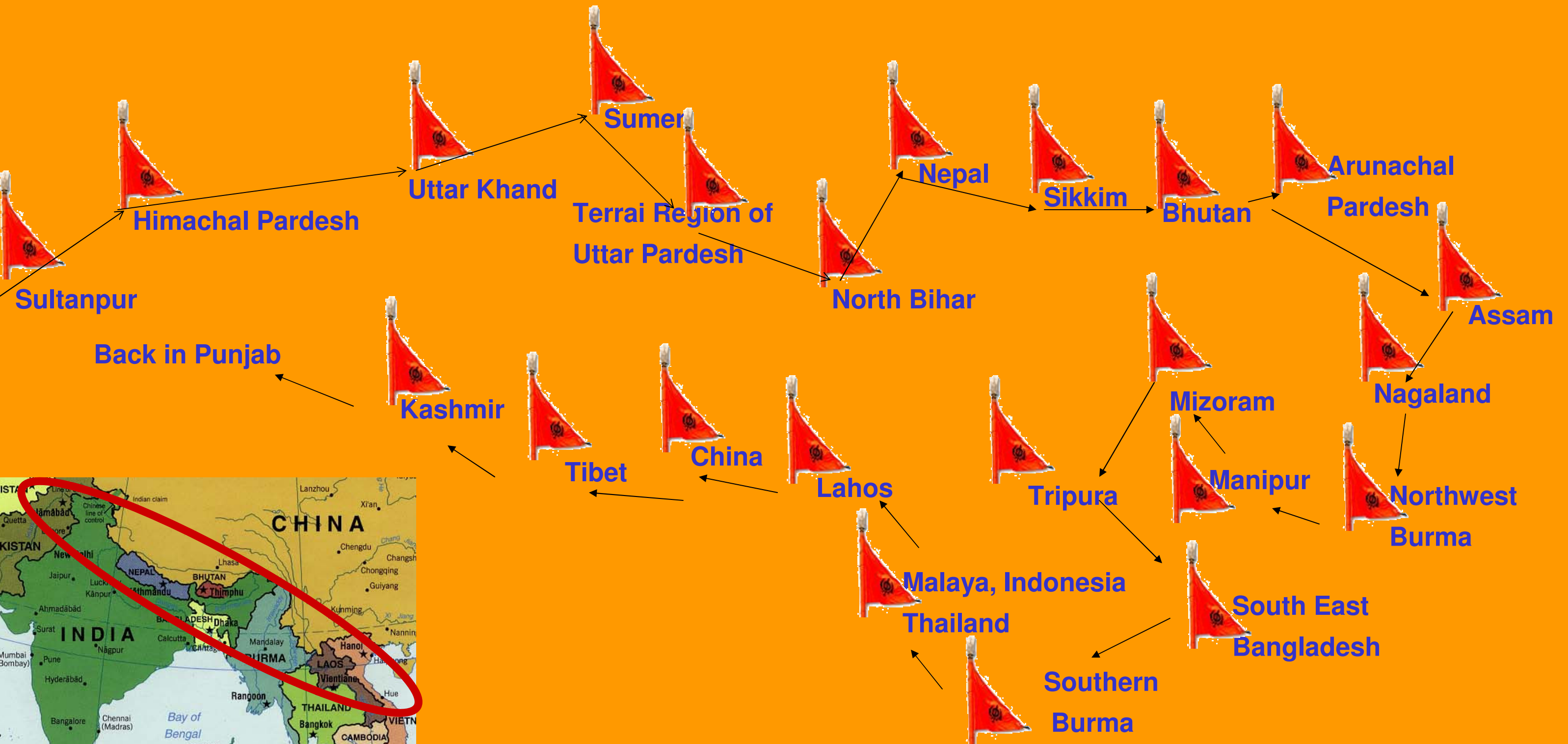
Guru Nanak Dev Ji in Raag Basant on Panna 1187

*O princess, my daughter, run away from this place!  
Chant the True Name, and embellish your days.  
Serve your Beloved Lord God, and lean on the  
Support of His Love.  
Through the Word of the Guru's Shabad, abandon  
your thirst for corruption and poison.*

# 3<sup>rd</sup> Udasi / Missionary Travel

Key Encounters - Sidhs, Yogis, Lamas, Buddhist & Hindu Centers

Guru Nanak Thought It was Important to Put Religious Leaders on Right Track and Encouraged Them to Join & Lead Mainstream into the Path of Truth & Enlighten Them in Darkness





# Guru Nanak Dev Jee at Sumer Parbat



# Key Messages From Guru Nanak's Discussions With Sidhs

ਕਵਣ ਮੂਲੁ ਕਵਣ ਮਤਿ ਵੇਲਾ ॥  
ਤੇਰਾ ਕਵਣੁ ਗੁਰੂ ਜਿਸ ਕਾ ਤੂ ਚੇਲਾ ॥  
ਕਵਣ ਕਥਾ ਲੇ ਰਹਹੁ ਨਿਰਾਲੇ ॥  
ਬੋਲੈ ਨਾਨਕੁ ਸੁਣਹੁ ਤੁਮ ਬਾਲੇ ॥  
ਏਸੁ ਕਥਾ ਕਾ ਦੇਇ ਬੀਚਾਰੁ ॥  
ਭਵਜਲੁ ਸਬਦਿ ਲੰਘਾਵਣਹਾਰੁ ॥੪੩॥

ਪਵਨ ਅਰੰਭੁ ਸਤਿਗੁਰ ਮਤਿ ਵੇਲਾ ॥  
ਸਬਦੁ ਗੁਰੂ ਸੁਰਤਿ ਧੁਨਿ ਚੇਲਾ ॥  
ਅਕਥ ਕਥਾ ਲੇ ਰਹਉ ਨਿਰਾਲਾ ॥  
ਨਾਨਕ ਜੁਗਿ ਜੁਗਿ ਗੁਰ ਗੋਪਾਲਾ ॥  
ਏਕੁ ਸਬਦੁ ਜਿਤੁ ਕਥਾ ਵੀਚਾਰੀ ॥  
ਗੁਰਮੁਖਿ ਹਉਮੈ ਅਗਨਿ ਨਿਵਾਰੀ ॥੪੪॥

SSGS - Guru Nanak Dev Ji, Rag Ramkali Page 942

What is the root, the source of all?

What is the purpose of life?

Who is your Guru? Whose disciple are you ?

How do you remain unattached?

From the air (Pran) came the beginning.  
The Purpose of Life is to take up on True  
Guru's Teachings.

The Shabad is the Guru, upon whom I  
lovingly focus my consciousness

By contemplating on the Almighty God-  
Thru singing praises (Gurbani), I remain  
unattached in this world

# Key Messages From Guru Nanak's Discussions With Sidhs

ਦੁਨੀਆ ਸਾਗਰੁ ਦੁਤਰੁ ਕਹੀਐ ਕਿਉ ਕਰਿ ਪਾਈਐ ਪਾਰੋ ॥  
ਚਰਪਟੁ ਬੋਲੈ ਅਉਧੁ ਨਾਨਕ ਦੇਹੁ ਸਚਾ ਬੀਚਾਰੋ ॥

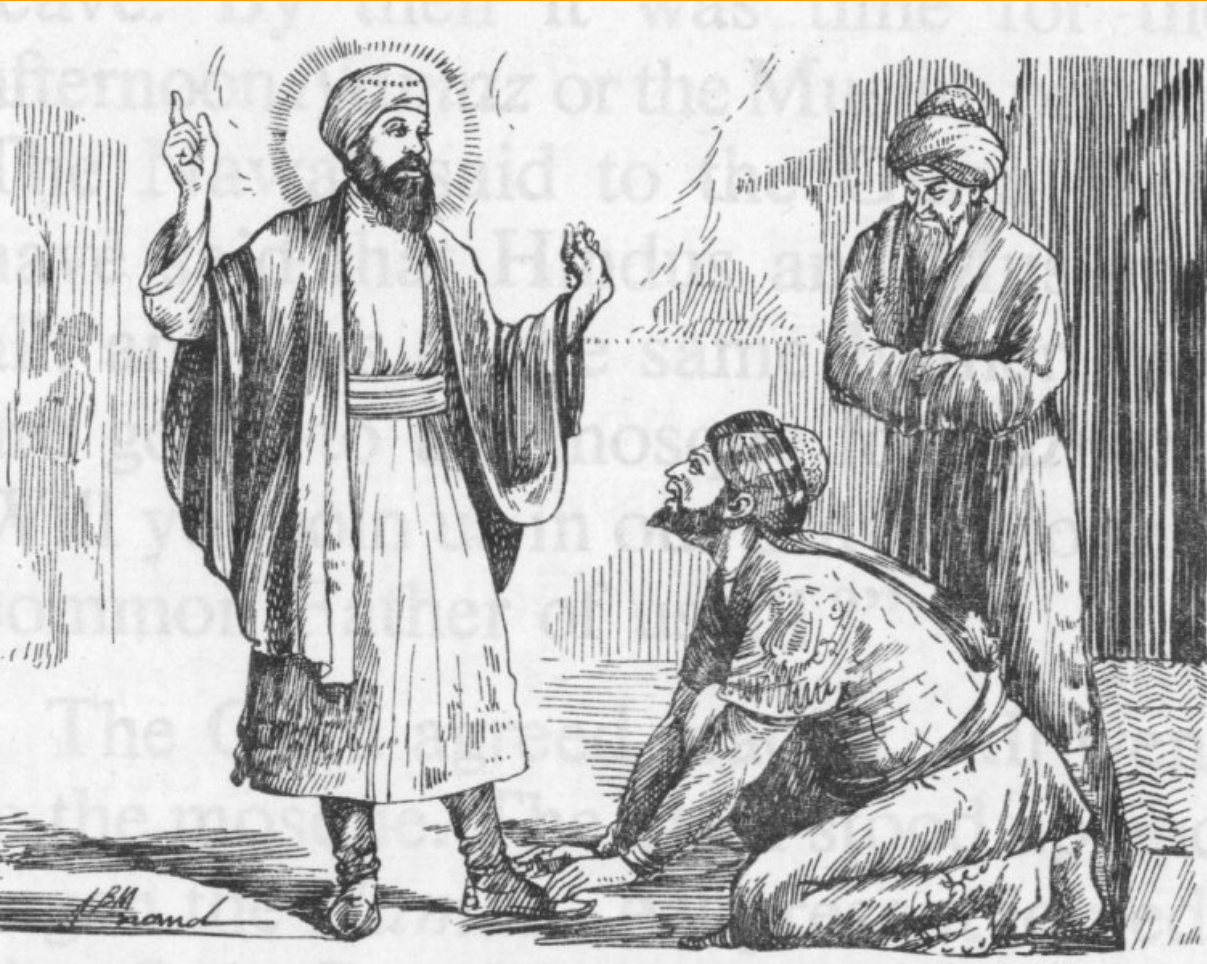
"The world-ocean is treacherous and impassable; how can one cross over? Charpat the Yogi says, O Nanak, think it over, and give us your true reply."

ਜੈਸੇ ਜਲ ਮਹਿ ਕਮਲੁ ਨਿਰਾਲਮੁ ਮੁਰਗਾਈ ਨੈ ਸਾਣੇ ॥  
ਸੁਰਤਿ ਸਬਦਿ ਭਵ ਸਾਗਰੁ ਤਰੀਐ ਨਾਨਕ ਨਾਮੁ ਵਖਾਣੇ ॥

Like a lotus flower that floats untouched upon the surface of dirty water and a duck swims through the stream without getting its feathers wet. With one's consciousness focused on Shabad, one crosses over the terrifying world-ocean. O Nanak, chant the Naam, the Name of the Lord.

# Encounters in Mattan, Kashmir

## How to Become a True Muslim



Guru Nanak helped clarify doubts of Kamal-ud-din, an ex chief Imam, who considered himself to be the leader of local Muslims. Guru Nanak told him that the five prayers should not be mere recitations & to have a feeling that it is very difficult to be true Mussalman

ਪੰਜਿ ਨਿਵਾਜਾ ਵਖਤ ਪੰਜਿ ਪੰਜਾ ਪੰਜੇ ਨਾਉ ॥  
ਪਹਿਲਾ ਸਚੁ ਹਲਾਲ ਦੁਇ ਤੀਜਾ ਖੈਰ ਖੁਦਾਇ ॥  
ਚਉਥੀ ਨੀਅਤਿ ਰਾਸਿ ਮਨੁ ਪੰਜਵੀ ਸਿਫਤਿ ਸਨਾਇ ॥  
ਕਰਣੀ ਕਲਮਾ ਆਖਿ ਕੈ ਤਾ ਮੁਸਲਮਾਣੁ ਸਦਾਇ ॥  
ਨਾਨਕ ਜੇਤੇ ਕੂੜਿਆਰ ਕੂੜੈ ਕੂੜੀ ਪਾਇ ॥

*Guru Nanak Dev Ji in Raag Maajh on Pannaa 141*

There are five prayers and five times of day for prayer; the five have five names.

Let the first be truthfulness, the second honest living, and the third charity in the Name of God.

Let the fourth be good will to all, and the fifth the praise of the Lord.

Repeat the prayer of good deeds, and then, you may call yourself a Muslim.

O Nanak, the false obtain falsehood, and only falsehood.

# Encounters in Mattan, Kashmir

## God Can Only be Pleased Thru Love & Devotion



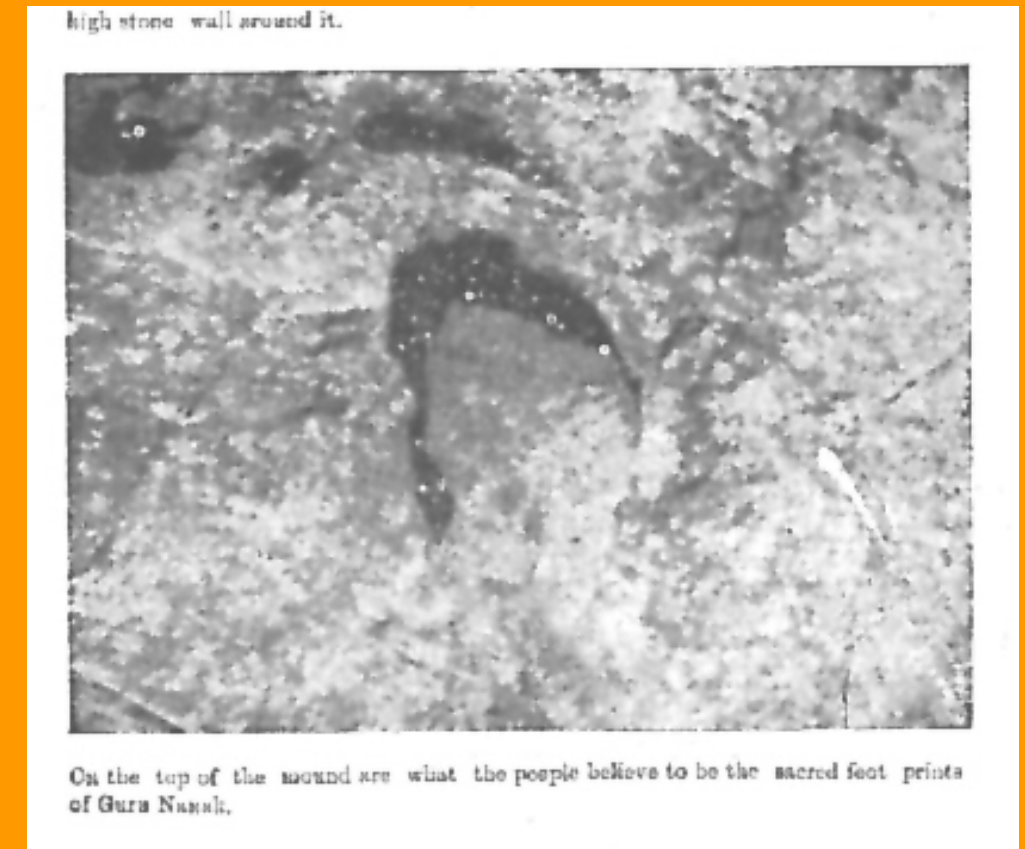
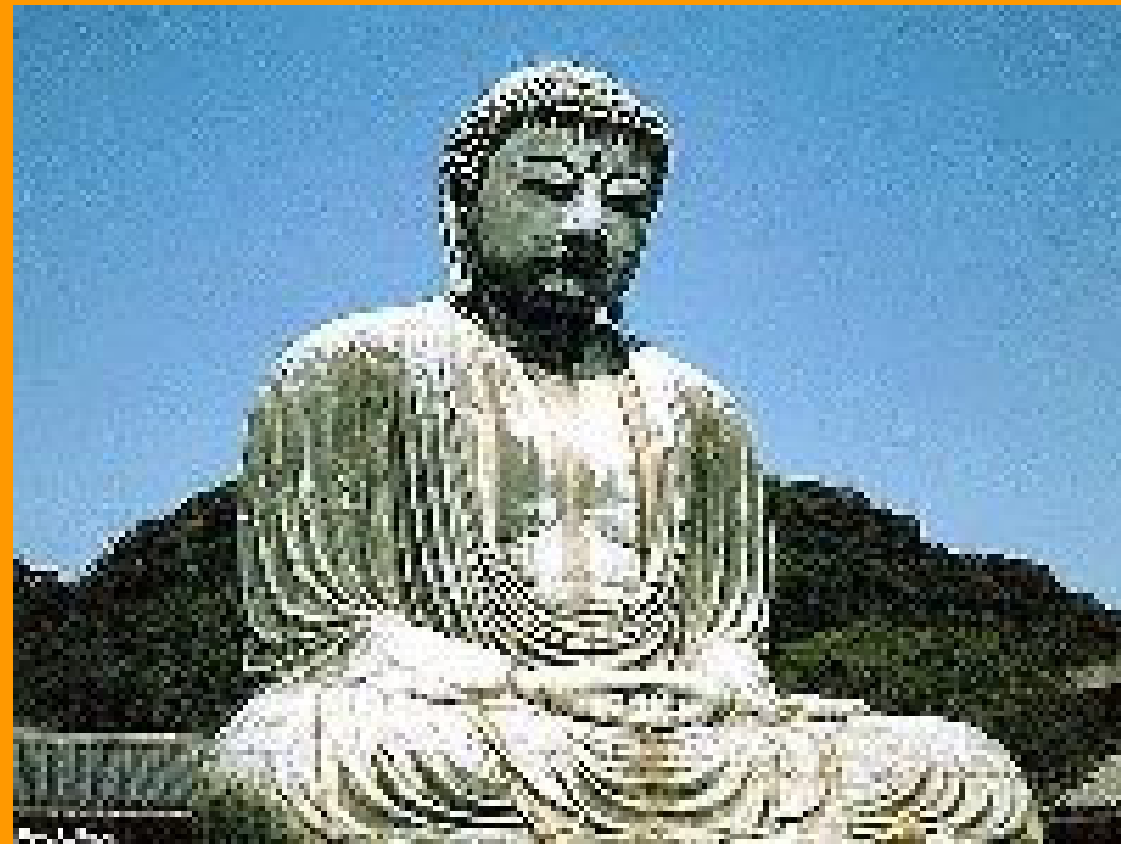
Brahm Das was a well educated Pundit who loved to debate and boasted of his knowledge & wisdom. He came to debate with Guru Nanak with 2 camels loaded with books. Nanak explained to him that God doesn't care about your knowledge or your ability to argue based on ancient scriptures. He is only pleased by love & devotion

ਪੜਿ ਪੜਿ ਗਡੀ ਲਦੀਅਹਿ ਪੜਿ ਪੜਿ ਭਰੀਅਹਿ ਸਾਥ ॥  
ਪੜਿ ਪੜਿ ਬੇੜੀ ਪਾਈਐ ਪੜਿ ਪੜਿ ਗਡੀਅਹਿ ਖਾਤ ॥  
ਪੜੀਅਹਿ ਜੇਤੇ ਬਰਸ ਬਰਸ ਪੜੀਅਹਿ ਜੇਤੇ ਮਾਸ ॥  
ਪੜੀਐ ਜੇਤੀ ਆਰਜਾ ਪੜੀਅਹਿ ਜੇਤੇ ਸਾਸ ॥  
ਨਾਨਕ ਲੇਖੈ ਇਕ ਗਲ ਹੋਰੁ ਹਉਮੈ ਝਖਣਾ ਝਾਖ

*Guru Nanak Dev Ji in Raag Aasaa on Pannaa 467*

You may read and read loads of books; you may read and study vast multitudes of books.  
You may read and read boat-loads of books; you may read and read and fill pits with them.  
You may read them year after year; you may read them as many months are there are.  
You may read them all your life; you may read them with every breath.  
O Nanak, only one thing is of any account: everything else is useless babbling and idle talk in ego. ||1||

# Tibetans Revere Guru Nanak as a Buddhist Saint Under the Name of Guru Gompka Maharaj.



The boulder with  
impression of Guru Nanak  
Dev ji at Gurdwara Pathar  
Sahib, Ladakh

Guru Nanak's Visualization by Lamas

Guru Nanak's Foot Print  
Preserved at a Monastery  
in Sikkim

# Guru Nanak Went Out of His Way to Help Everyone in Need

With Guru Nanak's Blessings a Portion of a Gurudongmar Lake Never Freezes Even During Peak Winter Months When Surrounding Hills have ~ 10 Ft Snow

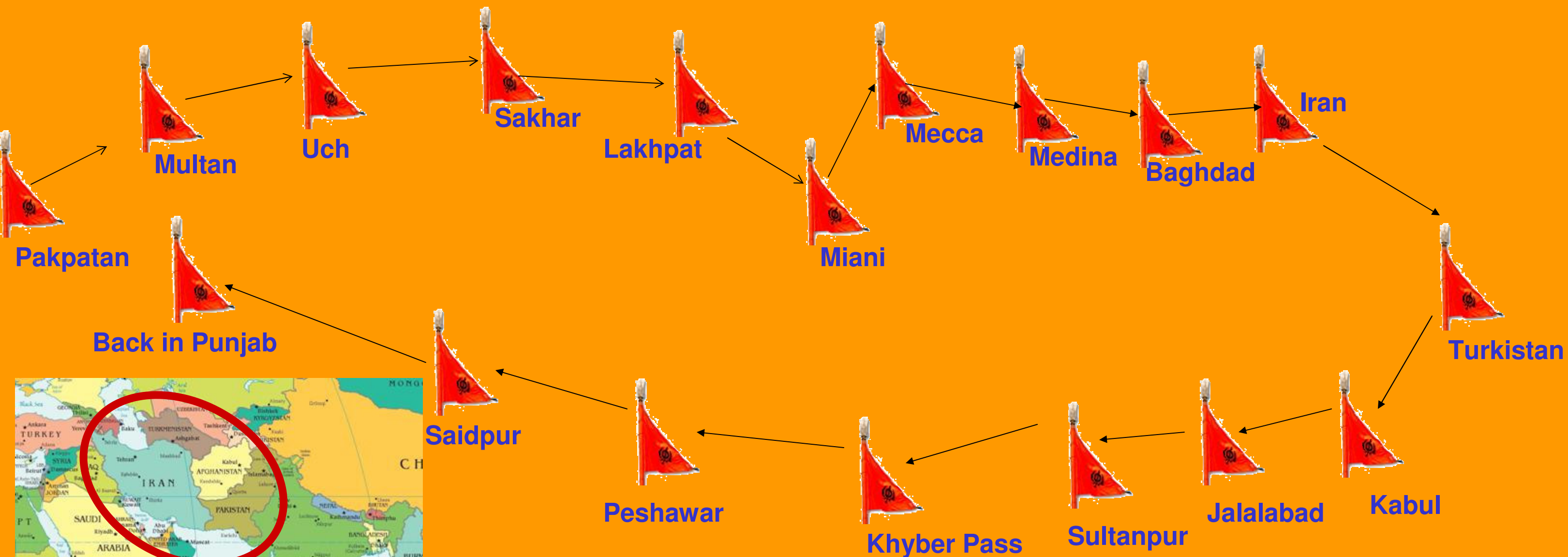


Gurudongmar Lake is one of the highest lakes in the world located at an altitude of 16,890 feet. It lies on the North side of the Khangchengyao Range, on the border of Sikkim & Tibet/ China, in a high plateau area contiguous to the Tibetan Plateau. At the request of yak grazers, who complained about the water scarcity during harsh winters, Guru Nanak blessed the lake with his walking stick

# 4<sup>th</sup> Udasi / Missionary Travel

**Key Encounters - Pakpatan (ajodhan), Multan, Mecca, Medina, Baghdad, Peshawar**

Guru Nanak 4<sup>th</sup> udasi was undertaken towards the west to deliver God's message and enlighten people from darkness of baseless rituals and thoughts.





# ਬਾਬਾ ਫਿਰ ਮੱਕੇ ਗਯਾ ਨੀਲ ਬਸਤੂ ਧਾਰੇ ਬਨਵਾਰੀ॥ Donning Blue Attire Then Baba Nanak went to Mecca

*Bhai Gurdas*



# God is Omnipresent, Does Not Live in One Place or Direction



While in Mecca, Guru Nanak turned his feet towards the Kaaba. A priest, Jiwan kicked him and said, Who is this infidel sleeping with his feet towards the House of God? The Guru replied, Turn my feet in the direction in which God is not. Upon this Jiwan seized the Guru's feet and dragged them in the opposite direction. Whereupon, it is said, the Kaaba turned around, and followed the revolution of Guru's body. Guru asked the *Kaazi* to turn his feet in the direction where God was not,

# He is in You!

ਘਟ ਘਟ ਅੰਤਰਿ ਬ੍ਰਹਮੁ ਲੁਕਾਇਆ ਘਟਿ ਘਟਿ ਜੋਤਿ ਸਬਾਈ ॥

Deep within each and every heart, God is hidden; His Light is in each and every heart

*Guru Nanak Dev Ji Raag Sorath 597*

## Definition of Omnipresent God

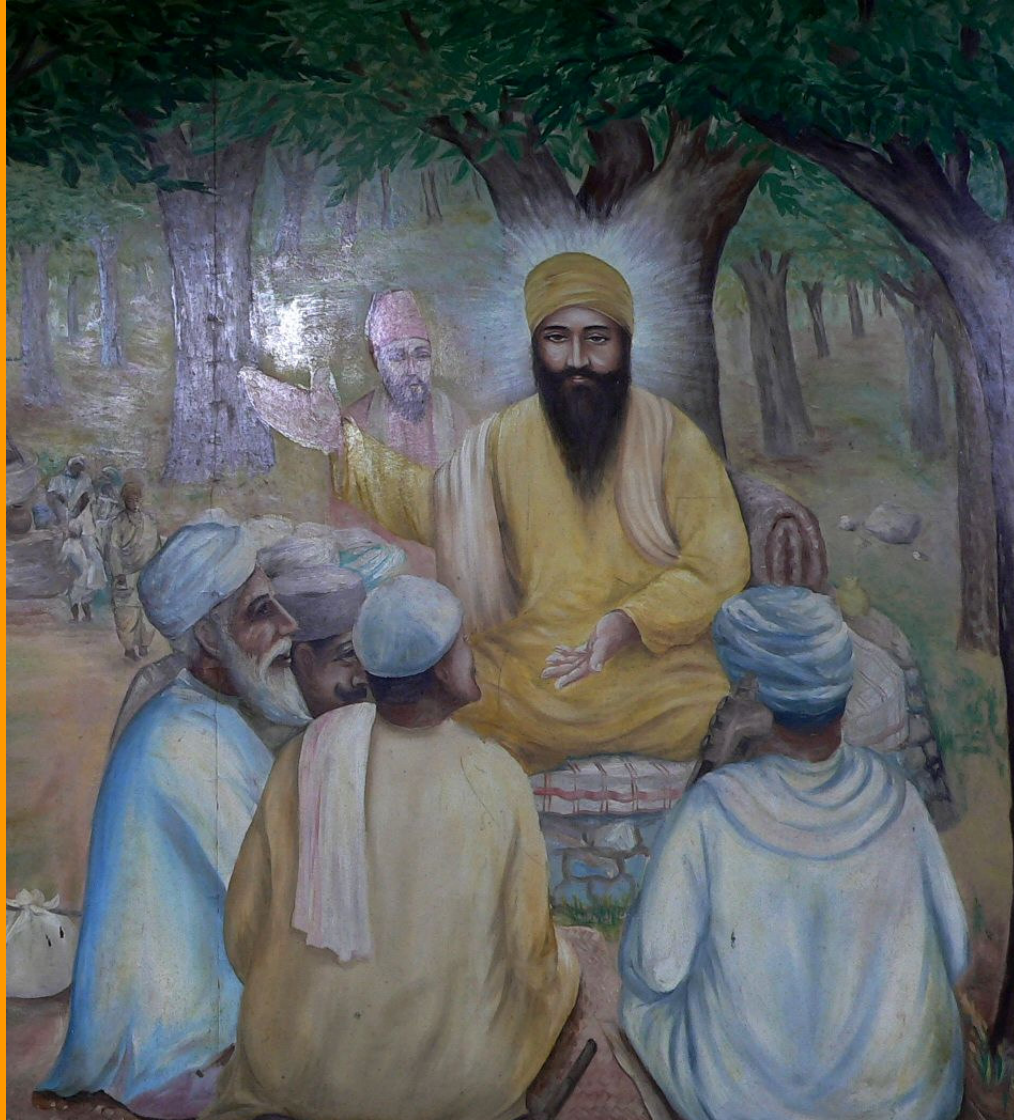
ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ  
ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ  
ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

One Universal Creator God. The Name Is Truth. Creative Being Personified. No Fear. No Hatred. Image Of The Undying, Beyond Birth, Self-Existent, Realized By Guru's Grace

# ਪੁਛਣ ਖੋਲ ਕਿਤਾਬ ਨੂੰ ਵਡਾ ਹਿੰਦੂ ਕੀ ਮੁਸਲਮਾਨੋਈ॥

Qazi and Maulvis Asked Baba Nanak Whether Hindu is great or the Muslim

## Superiority Lies in Deeds and Not in Mere Creeds



Qazis and the Mullas gathered around Guru Nanak and asked him whether he was a Muslim or a Hindu? The Guru replied that he was neither of the two. Then they asked, "Who is the superior of the two, the Hindu or the Muslim?" The Guru replied, "Without good deeds, both will repent".

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ ॥ ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ ॥  
ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ ॥  
ਤਿਸੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ ॥ ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ  
ਅਨੰਤ ॥ ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥  
ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ ॥ ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਣੁ ॥  
ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਣੁ ॥

Nights, days, weeks and seasons; wind, water, fire and the nether regions in the midst of these, He established the earth as a home for Dharma.

Upon it, He placed the various species of beings. Their names are uncounted and endless.

By their deeds and their actions, they shall be judged. God Himself is True, and True is His Court.

# Guru Nanak Dev ji at Medina



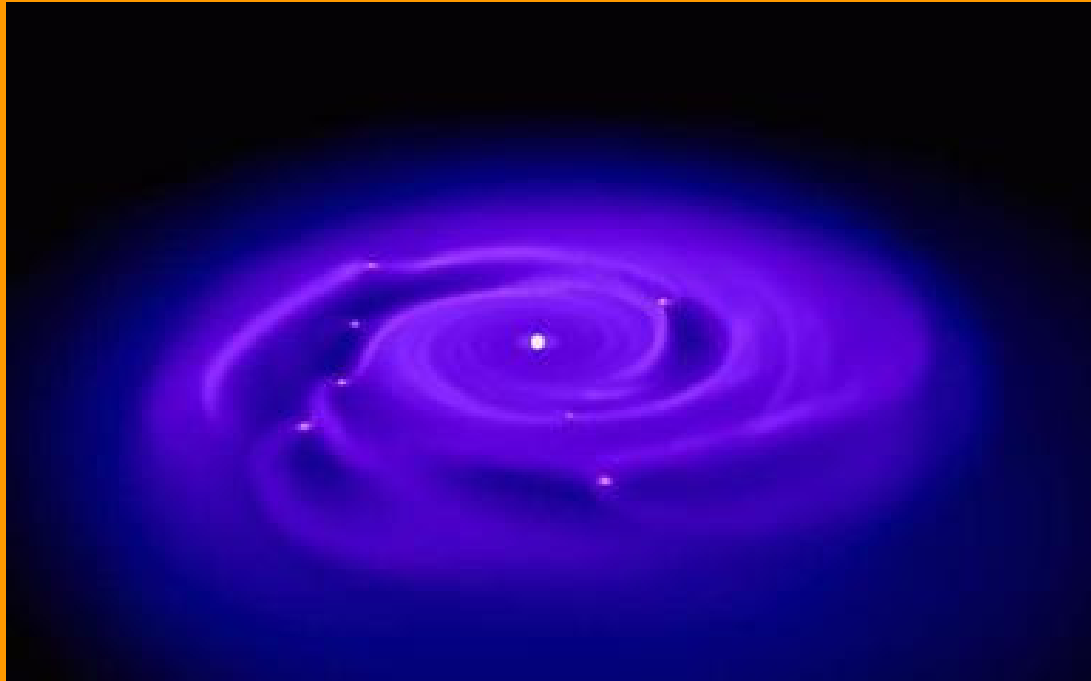
After Mecca, Guru ji proceeded to Medina, another holy city of the Muslims where their Prophet Mohammad lived for many years and breathed his last.



He reached at nightfall and stopped outside the town. It happened to be a place where lepers were segregated and no provision was made for their comfort or treatment. History states that the Guru healed them all and as a result, the people came in crowds to have holy glimpse of the Guru. After that he journeyed to Baghdad through Basra.

ਪਾਤਾਲਾ ਪਾਤਾਲ ਲਖ ਆਗਾਸਾ ਆਗਾਸ

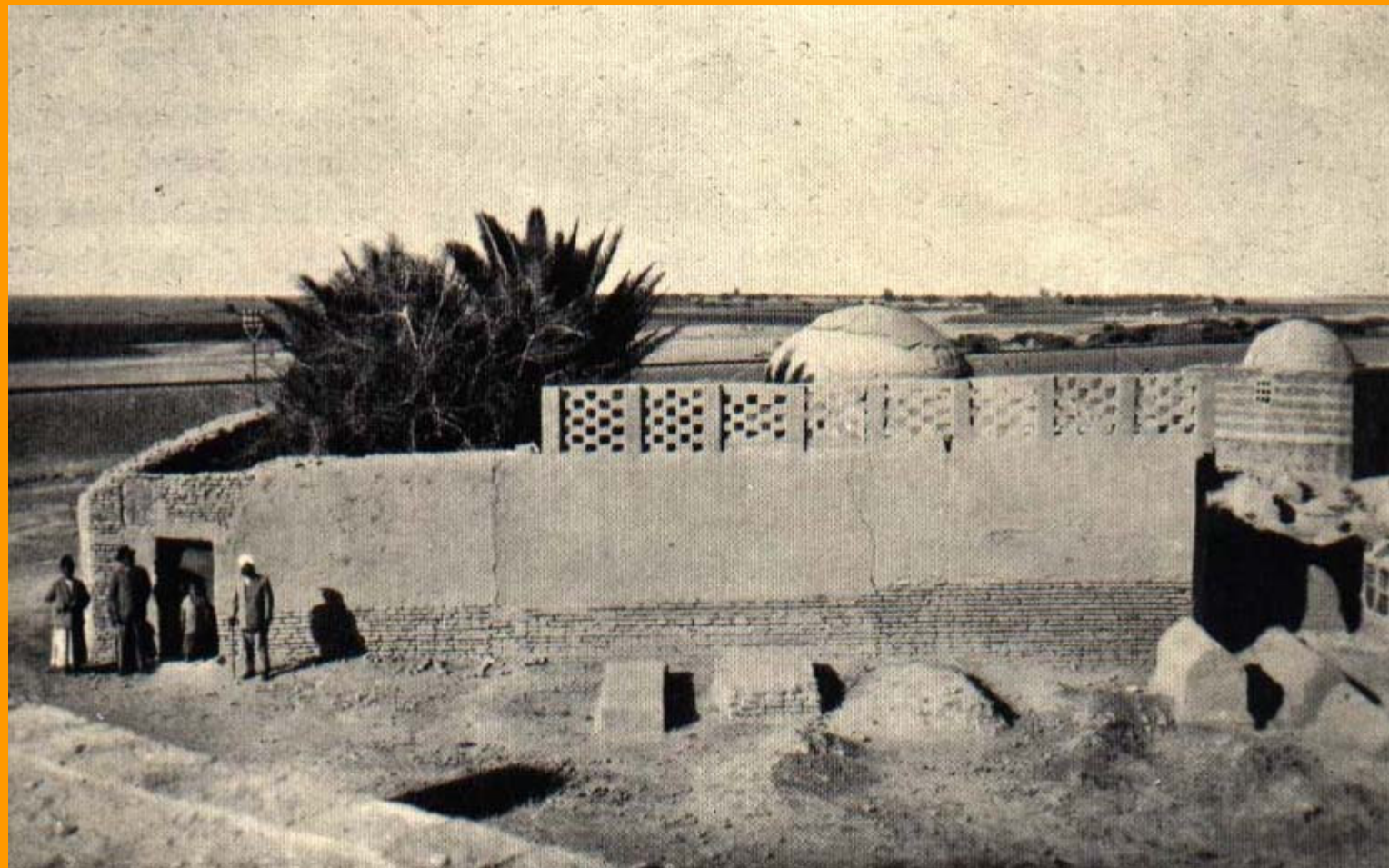
**There are gazillion worlds in this universe.**



ਪਾਤਾਲਾ ਪਾਤਾਲ ਲਖ ਆਗਾਸਾ ਆਗਾਸ ॥  
ਓੜਕ ਓੜਕ ਭਾਲਿ ਥਕੇ ਵੇਦ ਕਹਨਿ ਇਕ ਵਾਤ ॥

There are nether worlds beneath  
nether worlds, and hundreds of  
thousands of heavenly worlds above.  
The Vedas say that you can search  
and search for them all, until you  
grow weary.

**Baghdad:** According to the Mohammadans there are seven  
skies above the earth and seven nethers including earth itself.  
The Guru began to recite the Japji. When he repeated the  
twenty-second pauri (stanza) of Japji, the Pir got wonder-stuck  
hearing something contrary to the authority of the holy Quran,  
that there were hundreds of thousands of nethers and upper  
regions, and that at last men grew weary of searching for  
them. The Pir then called upon the Guru to give a  
manifestation of what he said. Upon this it is said, the Guru  
laid his hand on the priest's son and showed him upper and  
lower regions described in Japji- pauri 22. To prove whether  
the boy actually saw those regions, he brought Parshad  
(sacred food) from one of those regions and gave it to his  
father. Both the Pir and Bahlol bowed before the Guru and  
asked for his blessings.



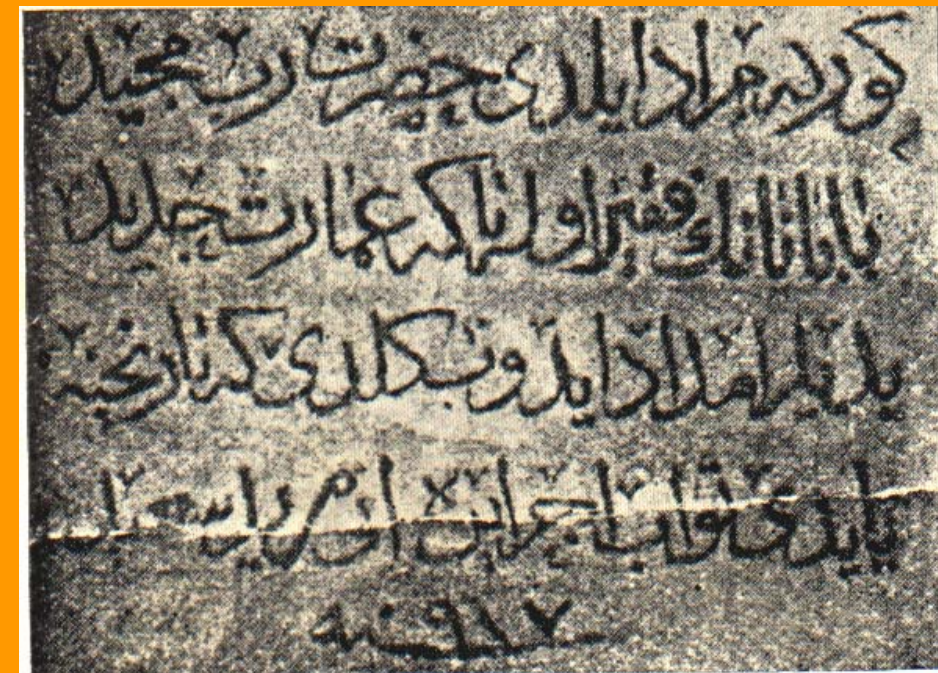
## Gurudwara Baba Nanak, Baghdad, Iraq

The gurudwara was founded by Mohammad Pasha Amoot, follower of Pir Bakol at the time of Guru Nanak's visit in the year 927 AH(1520-1A.D). He stayed outside the city of the west of Dajala (Tigris) River, about two kilometers north of Baghdad West railway station. He held discourses with Sajjadanashins (caretaker of mausoleum) of the mausoleums of Abdul Qadir gilani and Bahlol the Wise, who were greatly impressed by his views on God and religion.

ਬਾਬਾ ਗਿਆ ਬਗਦਾਦ ਨੂੰ ਬਾਹਰ ਜਾਇ ਕੀਆ ਅਸਥਾਨਾ॥  
ਇਕ ਬਾਬਾ ਅਕਾਲ ਰੂਪ ਦੂਜਾ ਰਬਾਬੀ ਮਰਦਾਨਾ॥

Baba went to Baghdad and stayed outside the city  
Firstly, Baba himself was in Timeless form and  
secondly, he had his companion Mardana, the  
rebeck player

- *Bhai Gurdaas Ji's Vaars Page1*



A stone slab memorial, with the following inscription in Turki

"Behold! How a wish has been fulfilled by Holy and High Providence. That the building of Baba Nanak has been newly built with the help of seven autat (great valis). That the happy murad of God (Baba Nanak) has started a fountain of grace issuing new water in the land. 917 Hijri"

ਸਾਧੋ ਮਨ ਕਾ ਮਾਨੁ ਤਿਆਗਉ  
Forsake the Pride of Your Mind



Guru Nanak Advising Vali Kandhari to Forsake Ego & Serve the Mankind



# Gurdwara Panja Sahib, Hasan Abdal



**Hasan Abdal:** A muslim faqir named Vali Kandhari lived on the top of a mountain who was well-known for possessing miraculous powers, lived his life with ego and pride. People respected and visited him out of his fear and anger.

Mardana needed water which be obtained only from Vali. Vali who was offended hearing Guru's praises, refused to give water saying if Guru is such a holy man, he could provide water. Guru Nanak then sent Mardana back to Vali with a message that he (Guru) was a poor creature of God but in vain. Guru then picked up one stone and a stream of water immediately issued forth from Vali's tank, which dried up. Out of rage Vali hurled a small hillock on Guru Nanak's head. Guru Nanak, held up his right hand and the hillock came to a standstill and melted like wax. Vali Kandhari realized and fell at the feet of the Guru The Guru expressed "**O friend, those who live so high, should not be hard at heart like a stone**" and taught him the importance of serving mankind

There stands a Gurdwara which is known as '**Panja Sahib**'. It is now situated in west Pakistan.



*The imprint of the Guru's hand (Punja) is still visible on the stone and the pool of crystal clear water still flows from there.*

# Transforming Thugs Like Sajjan Thug

## Can't Deceive Him Through Your Duality



Sajjan Thag use to entertain all the travelers in his inn. He would treat them well and later kill them to rob their valuables. When Guru Nanak dev ji and Mardana visited his Inn, he wanted to do the same to them But when Guru sang this hymn, it transformed the notorious murderer Sajjan Thag into a saint and he fell at guru's feet. He later distributed all this wealth and became a true "Sajjan"

ਸੁਗੀ ਮਹਲਾ ੧ ਘਰੁ ਏ  
ਉਜਲੁ ਕੈਹਾ ਚਿਲਕਣਾ ਘੋਟਿਮ ਕਾਲੜੀ ਮਸੁ॥  
ਧੋਤਿਆ ਜੂਠਿ ਨ ਉਤਰੈ ਜੇ ਸਉ ਧੋਵਾ ਤਿਸੁ॥੧॥ ਸਜਣ  
ਸੇਈ ਨਾਲਿ ਮੈ ਚਲਦਿਆ ਨਾਲਿ ਚਲੰਨਿ ॥  
ਜਿਥੈ ਲੇਖਾ ਮੰਗੀਐ ਤਿਥੈ ਖੜੇ ਦਿਸੰਨਿ ॥੧॥ ਰਹਾਉ ॥  
ਕੋਠੇ ਮੰਡਪ ਮਾੜੀਆ ਪਾਸਹੁ ਚਿਤਵੀਆਹਾ ॥  
ਢਠੀਆ ਕੰਮਿ ਨ ਆਵਨੀ ਵਿਚਹੁ ਸਖਣੀਆਹਾ ॥੨॥

Bronze is bright and shiny, but when it is rubbed, its blackness appears. Washing it, its impurity is not removed, even if it is washed a hundred times. ||1|| They alone are my friends, who travel along with me; and in that place, where the accounts are called for, they appear standing with me.

||1||Pause|| There are houses, mansions and tall buildings, painted on all sides;but they are empty within, and they crumble like useless ruins. ||2||

# Guru Nanak Encouraged People to Be Courageous & Not to be Afraid to Point Out Wrongs



While in Saidpur, Babur attacked India. Local rulers did not stand up to Babar's Forces. He decimated the place and arrested remaining people along with Guru Nanak. In the prison, Guru Nanak encouraged fellow prisoners to speak up. He shamed existing rulers for not standing up to the attacking armies.

ਖੁਰਾਸਾਨ ਖਸਮਾਨਾ ਕੀਆ ਹਿੰਦੁਸਤਾਨੁ ਡਰਾਇਆ ॥  
ਆਪੈ ਦੋਸੁ ਨ ਦੇਈ ਕਰਤਾ ਜਮੁ ਕਰਿ ਮੁਗਲੁ ਚੜਾਇਆ ॥  
ਏਤੀ ਮਾਰ ਪਈ ਕਰਲਾਣੇ ਤੈਂ ਕੀ ਦਰਦੁ ਨ ਆਇਆ ॥੧॥  
ਕਰਤਾ ਤੂੰ ਸਭਨਾ ਕਾ ਸੋਈ ॥  
ਜੇ ਸਕਤਾ ਸਕਤੇ ਕਉ ਮਾਰੇ ਤਾ ਮਨਿ ਰੋਸੁ ਨ ਹੋਈ ॥੧॥ ਰਹਾਉ ॥  
ਸਕਤਾ ਸੀਹੁ ਮਾਰੇ ਪੈ ਵਗੈ ਖਸਮੈ ਸਾ ਪੁਰਸਾਈ ॥  
ਰਤਨ ਵਿਗਾੜਿ ਵਿਗੋਏ ਕੁਤੀ ਮੁਇਆ ਸਾਰ ਨ ਕਾਈ ॥

*Guru Nanak Dev Ji , Raag Aasaa, Panna 360*

Having attacked Khuraasaan, Baabar terrified Hindustan. The Creator Himself does not take the blame, but has sent the Mugal as the messenger of death. There was so much slaughter that the people screamed. Didn't You feel compassion, Lord? ||1||

O Creator Lord, You are the Master of all.

If some powerful man strikes out against another man, then no one feels any grief in their mind. ||1||Pause||

But if a powerful tiger attacks a flock of sheep and kills them, then its master must answer for it.

This priceless country has been laid waste and defiled by dogs, and no one pays any attention to the dead.

# Guru Nanak Admonished Babar For Destroying God's Creation for His Own Benefits



Guru Nanak at Babar's Durbar (Court)

# Encounter at Multan



ਮੇਲਿਓਂ ਬਾਬਾ ਉਠਿਆ ਮੁਲਤਾਨੇ ਦੀ ਜ਼ਿਆਰਤ ਜਾਈ॥  
ਅਗੋਂ ਪੀਰ ਮੁਲਤਾਨ ਦੇ ਦੁਧ ਕਟੋਰਾ ਭਰ ਲੈ ਆਈ॥  
ਬਾਬੇ ਕਢ ਕਰ ਬਗਲ ਤੇ ਚੰਬੇਲੀ ਦੁੱਧ ਵਿਚ ਮਿਲਾਈ॥  
ਜਿਉਂ ਸਾਗਰ ਵਿਚ ਗੰਗ ਸਮਾਈ ॥

Bhai Gurdas, in vaars Bhai Gurdas j

In Multan, the pir presented a bowl of milk filled up to brims (which meant that faquirs here are already in plenty). Baba took out a jasmine flower from his bag and floated it on the milk (which meant that he was not going to put anybody to trouble). It was such a scene as if the Ganges were merging into the sea.

Multan was known for abundant saints, pirs and fakirs . Naturally there were concerned with the arrival of another "Pir" in their township.