Level Set

Commitment

- Don't need to confirm every Fri
- It's expected
- If unable to attend, plz inform ASAP

Time

- Important to start on time
- Greetings / intros: before session starts (no more delays, integrity)
- Ending on time is not important
  - This is Shabd Vichar
  - It's about being immersed
  - Contrived ends are disingenuous

Reading

- Not necessary at the start of every Vichar
- Those who need help (set up time for practice)

Not Lecture

- Reflect, prepare and share
- You are encouraged to connect guidance with life
- No venting or justifications
- This is for healing (returning home) & vibrance

Paurhi 4

Asa-Ki-Var (Clash of Desires)

Asa-ki-Var (1-4)

ਪਉੜੀ ॥

ਆਪੀਨੈ ਆਪੁ ਸਾਜਿਓ
ਆਪੀਨੈ ਰਚਿਓ ਨਾਉ ॥

ਦੁਯੀ ਕੁਦਰਤਿ ਸਾਜੀਐ
ਕਰਿ ਆਸਣੁ ਡਿਠੋ ਚਾਉ ॥

ਦਾਤਾ ਕਰਤਾ ਆਪਿ ਤੂੰ
ਤੁਸਿ ਦੇਵਹਿ ਕਰਹਿ ਪਸਾਉ ॥

ਤੂੰ ਜਾਣੋਈ ਸਭਸੈ
ਦੇ ਲੈਸਹਿ ਜਿੰਦੁ ਕਵਾਉ ॥

ਕਰਿ ਆਸਣੁ ਡਿਠੋ ਚਾਉ ॥੧॥

ਪਉੜੀ ॥

ਨਾਨਕ ਜੀਅ ਉਪਾਇ ਕੈ
ਲਿਖਿ ਨਾਵੈ ਧਰਮੁ ਬਹਾਲਿਆ ॥

ਓਥੈ ਸਚੇ ਹੀ ਸਚਿ ਨਿਬੜੈ
ਚੁਣਿ ਵਖਿ ਕਢੇ ਜਜਮਾਲਿਆ ॥

ਥਾਉ ਨ ਪਾਇਨਿ ਕੂੜਿਆਰ
ਮੁਹ ਕਾਲੈ ਦੋਜਕਿ ਚਾਲਿਆ ॥

ਤੇਰੈ ਨਾਇ ਰਤੇ ਸੇ ਜਿਣਿ ਗਏ
ਹਾਰਿ ਗਏ ਸਿ ਠਗਣ ਵਾਲਿਆ ॥

ਲਿਖਿ ਨਾਵੈ ਧਰਮੁ ਬਹਾਲਿਆ ॥੨॥

ਪਉੜੀ ॥

ਆਪੀਨੈ ਭੋਗ ਭੋਗਿ ਕੈ
ਹੋਇ ਭਸਮਅੜਿ ਭਉਰੁ ਸਿਧਾਇਆ ॥

ਵਡਾ ਹੋਆ ਦੁਨੀਦਾਰੁ
ਗਲਿ ਸੰਗਲੁ ਘਤਿ ਚਲਾਇਆ ॥

ਅਗੈ ਕਰਣੀ ਕੀਰਤਿ ਵਾਚੀਐ
ਬਹਿ ਲੇਖਾ ਕਰਿ ਸਮਝਾਇਆ ॥

ਥਾਉ ਨ ਹੋਵੀ ਪਉਦੀਈ
ਹੁਣਿ ਸੁਣੀਐ ਕਿਆ ਰੁਆਇਆ ॥

ਮਨਿ ਅੰਧੈ ਜਨਮੁ ਗਵਾਇਆ ॥੩॥

ਪਉੜੀ ॥

ਨਦਰਿ ਕਰਹਿ ਜੇ ਆਪਣੀ
ਤਾ ਨਦਰੀ ਸਤਿਗੁਰੁ ਪਾਇਆ ॥

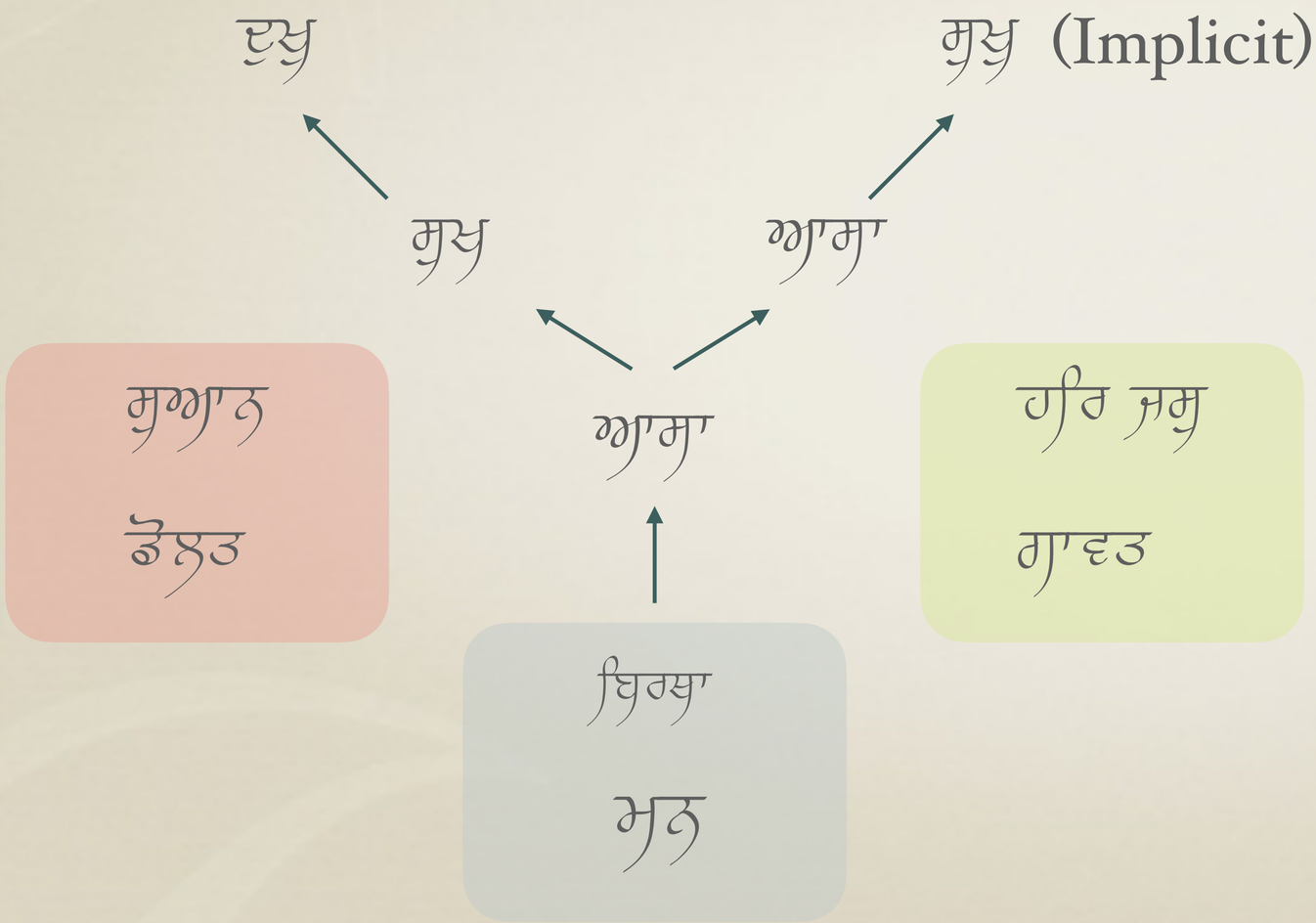
ਏਹੁ ਜੀਉ ਬਹੁਤੇ ਜਨਮ ਭਰੰਮਿਆ
ਤਾ ਸਤਿਗੁਰਿ ਸਬਦੁ ਸੁਣਾਇਆ ॥

ਸਤਿਗੁਰ ਜੇਵਡੁ ਦਾਤਾ ਕੋ ਨਹੀ
ਸਭਿ ਸੁਣਿਅਹੁ ਲੋਕ ਸਬਾਇਆ ॥

ਸਤਿਗੁਰਿ ਮਿਲਿਐ ਸਚੁ ਪਾਇਆ
ਜਿਨੀ ਵਿਚਹੁ ਆਪੁ ਗਵਾਇਆ ॥

ਜਿਨਿ ਸਚੋ ਸਚੁ ਬੁਝਾਇਆ ॥੪॥

Asa <—>Desire(s)



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ਰਾਗੁ ਆਸਾ ਮਹਲਾ ੯ ॥

ਬਿਰਥਾ ਕਹਉ ਕਉਨ ਸਿਉ ਮਨ ਕੀ ॥

ਲੋਭਿ ਗ੍ਰਸਿਓ ਦਸ ਹੂ ਦਿਸ ਧਾਵਤ
ਆਸਾ ਲਾਗਿਓ ਧਨ ਕੀ ॥੧॥ ਰਹਾਉ ॥

ਸੁਖ ਕੈ ਹੇਤਿ ਬਹੁਤੁ ਦੁਖੁ ਪਾਵਤ
ਸੇਵ ਕਰਤ ਜਨ ਜਨ ਕੀ ॥

ਦੁਆਰਹਿ ਦੁਆਰਿ ਸੁਆਨ ਜਿਉ ਡੋਲਤ
ਨਹ ਸੁਧ ਰਾਮ ਭਜਨ ਕੀ ॥੧॥

ਮਾਨਸ ਜਨਮ ਅਕਾਰਥ ਖੋਵਤ
ਲਾਜ ਨ ਲੋਕ ਹਸਨ ਕੀ ॥

ਨਾਨਕ ਹਰਿ ਜਸੁ ਕਿਉ ਨਹੀ ਗਾਵਤ
ਕੁਮਤਿ ਬਿਨਾਸੈ ਤਨ ਕੀ ॥੨॥੧॥੨੩੩॥

Asa-ki-Var (1-4)

ਪਉੜੀ ॥

ਆਪੀਨੈ ਆਪੁ ਸਾਜਿਓ
ਆਪੀਨੈ ਰਚਿਓ ਨਾਉ ॥

ਦੁਯੀ ਕੁਦਰਤਿ ਸਾਜੀਐ
ਕਰਿ ਆਸਣੁ ਡਿਠੋ ਚਾਉ ॥

ਦਾਤਾ ਕਰਤਾ ਆਪਿ ਤੂੰ
ਤੁਸਿ ਦੇਵਹਿ ਕਰਹਿ ਪਸਾਉ ॥

ਤੂੰ ਜਾਣੋਈ ਸਭਸੈ
ਦੇ ਲੈਸਹਿ ਜਿੰਦੁ ਕਵਾਉ ॥

ਕਰਿ ਆਸਣੁ ਡਿਠੋ ਚਾਉ ॥੧॥

ਪਉੜੀ ॥

ਨਾਨਕ ਜੀਅ ਉਪਾਇ ਕੈ
ਲਿਖਿ ਨਾਵੈ ਧਰਮੁ ਬਹਾਲਿਆ ॥

ਓਥੈ ਸਚੇ ਹੀ ਸਚਿ ਨਿਬੜੈ
ਚੁਣਿ ਵਖਿ ਕਢੇ ਜਜਮਾਲਿਆ ॥

ਥਾਉ ਨ ਪਾਇਨਿ ਕੂੜਿਆਰ
ਮੁਹ ਕਾਲੈ ਦੋਜਕਿ ਚਾਲਿਆ ॥

ਤੇਰੈ ਨਾਇ ਰਤੇ ਸੇ ਜਿਣਿ ਗਏ
ਹਾਰਿ ਗਏ ਸਿ ਠਗਣ ਵਾਲਿਆ ॥

ਲਿਖਿ ਨਾਵੈ ਧਰਮੁ ਬਹਾਲਿਆ ॥੨॥

ਪਉੜੀ ॥

ਆਪੀਨੈ ਭੋਗ ਭੋਗਿ ਕੈ
ਹੋਇ ਭਸਮਅੜਿ ਭਉਰੁ ਸਿਧਾਇਆ ॥

ਵਡਾ ਹੋਆ ਦੁਨੀਦਾਰੁ
ਗਲਿ ਸੰਗਲੁ ਘਤਿ ਚਲਾਇਆ ॥

ਅਗੈ ਕਰਣੀ ਕੀਰਤਿ ਵਾਚੀਐ
ਬਹਿ ਲੇਖਾ ਕਰਿ ਸਮਝਾਇਆ ॥

ਥਾਉ ਨ ਹੋਵੀ ਪਉਦੀਈ
ਹੁਣਿ ਸੁਣੀਐ ਕਿਆ ਰੁਆਇਆ ॥

ਮਨਿ ਅੰਧੈ ਜਨਮੁ ਗਵਾਇਆ ॥੩॥

ਪਉੜੀ ॥

ਨਦਰਿ ਕਰਹਿ ਜੇ ਆਪਣੀ
ਤਾ ਨਦਰੀ ਸਤਿਗੁਰੁ ਪਾਇਆ ॥

ਏਹੁ ਜੀਉ ਬਹੁਤੇ ਜਨਮ ਭਰੰਮਿਆ
ਤਾ ਸਤਿਗੁਰਿ ਸਬਦੁ ਸੁਣਾਇਆ ॥

ਸਤਿਗੁਰ ਜੇਵਡੁ ਦਾਤਾ ਕੋ ਨਹੀ
ਸਭਿ ਸੁਣਿਅਹੁ ਲੋਕ ਸਬਾਇਆ ॥

ਸਤਿਗੁਰਿ ਮਿਲਿਐ ਸਚੁ ਪਾਇਆ
ਜਿਨੀ ਵਿਚਹੁ ਆਪੁ ਗਵਾਇਆ ॥

ਜਿਨਿ ਸਚੋ ਸਚੁ ਬੁਝਾਇਆ ॥੪॥

Themes 1 - 3

An inward spiral, peeling back the layers of illusion, fragmentation, and duality to reveal the unchanging essence of ıness. This journey is not about acquiring something new but realizing what has always been present, hidden beneath the surface of our conditioned experiences.

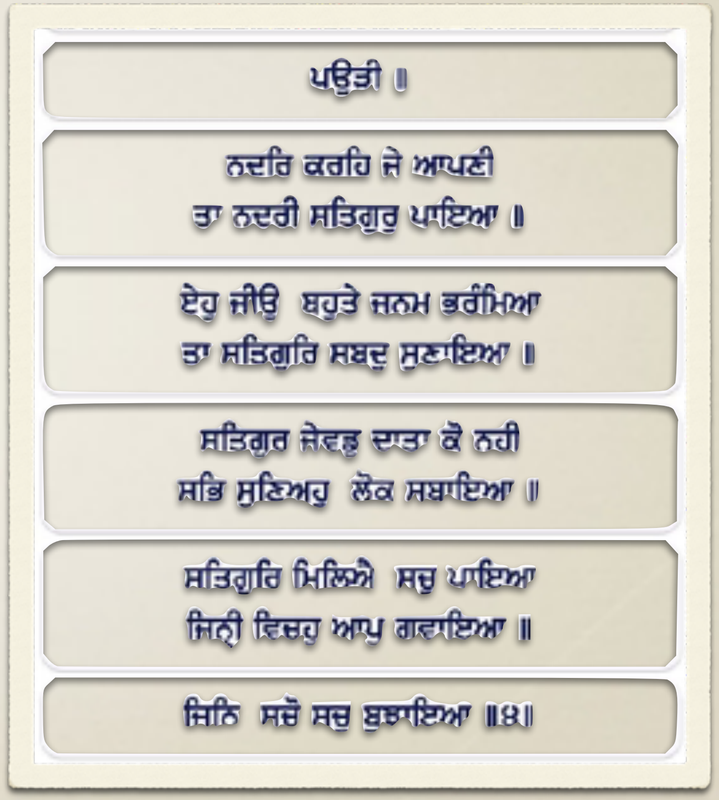
1. The Great Illusion: Seeking Without, Ignoring Within
   What I seek is not "out there." It has always been within, waiting to be recognized.

2. The Fractured Self: Mistaking the Mirror for the Face
   I am not the reflection. I am the light that makes the reflection possible.

3. The Dissolution of Duality: Melting the Paradox
   There is no separation to overcome. There is only the recognition that nothing was ever separate.

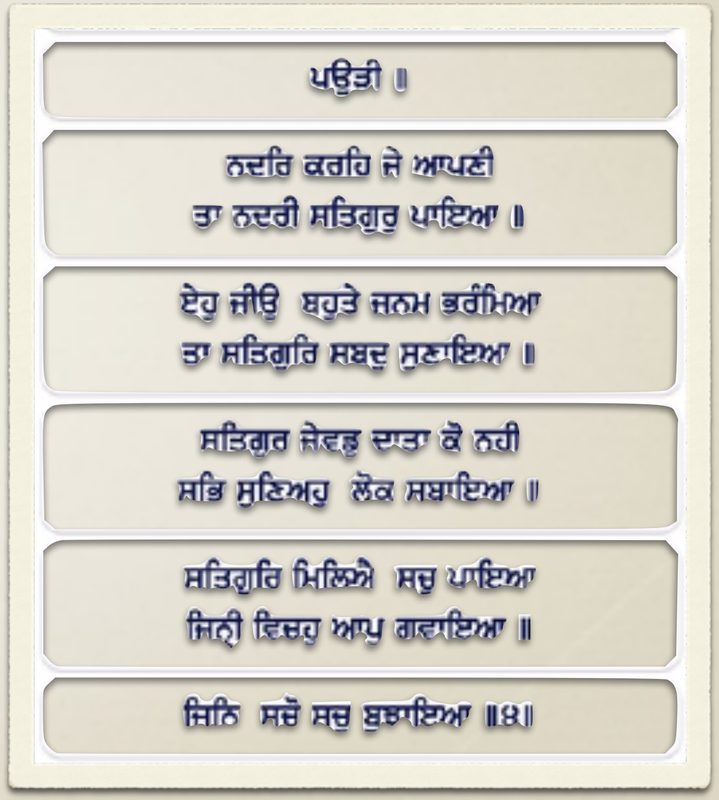
Essential Reflection 4/24

* ਨਦਰਿ: grace, to see (for/upon yourself)
* ਭਰੰਮਿਆ: lost in misapprehension
* ਸ਼ਬਦੁ: guidance, wisdom
* ਲੋਕ ਸਬਾਇਆ: all who have come
* ਸਚੁ: verity, what is (ɪness)
* ਬੁਝਾਇਆ: to unravel (the mystery)



Essential Reflection 4/24

* Grace: Essential Wisdom of Being uncovered
* Opportunity: Integrity or floundering
* Bounteous: coming from essential Wisdom
* Verity: upon letting go of clutching the self
* Conditional upon getting it oneself



“Asa ki Var” 4/24

Core Realizations:

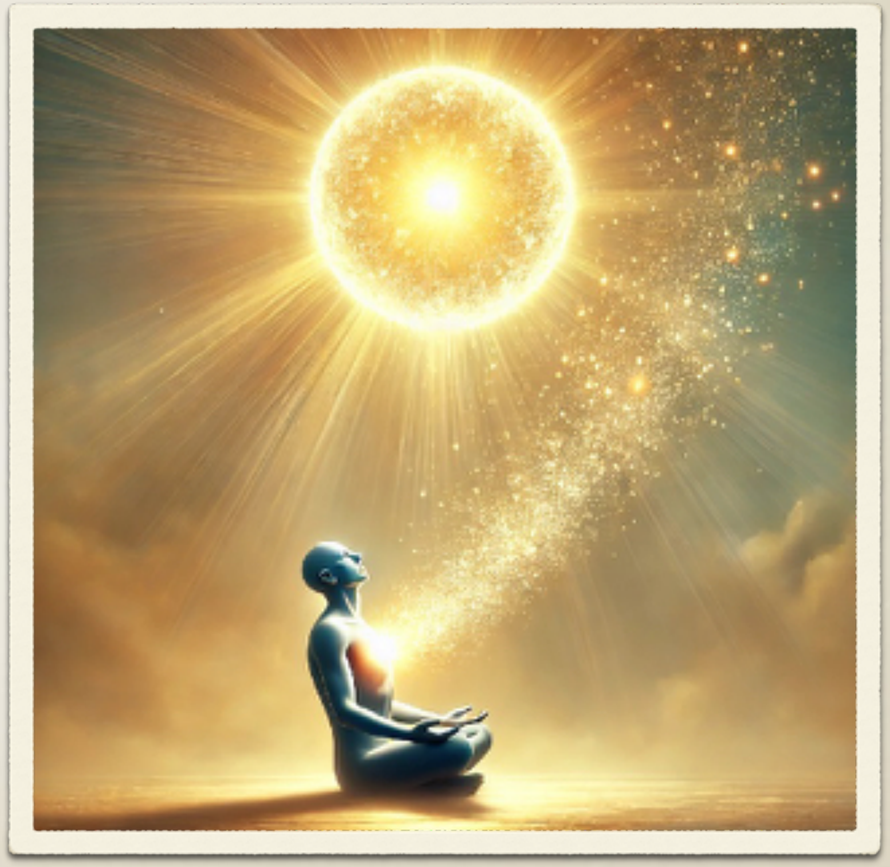
1. **Grace**: The essential wisdom of being, revealed through genuine openness.

2. **Opportunity**: Each moment offers a choice between integrity (living from Source) or floundering (lost in ego-driven constraints).

3. **Bounteousness**: Abundance naturally arises from essential wisdom, not from external pursuits.

4. **Verity**: Letting go of the self’s clutching is the condition for perceiving ultimate truth.

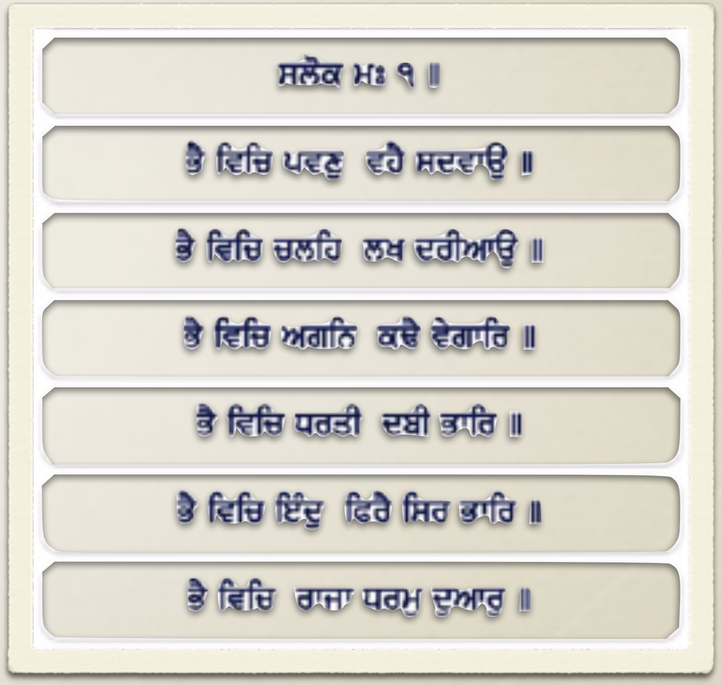
   Key Insight: *When we release our tight hold on identity and fear-based strategies, grace uncovers the wisdom and abundance already present.*



INFINITE

Constraints / Balance

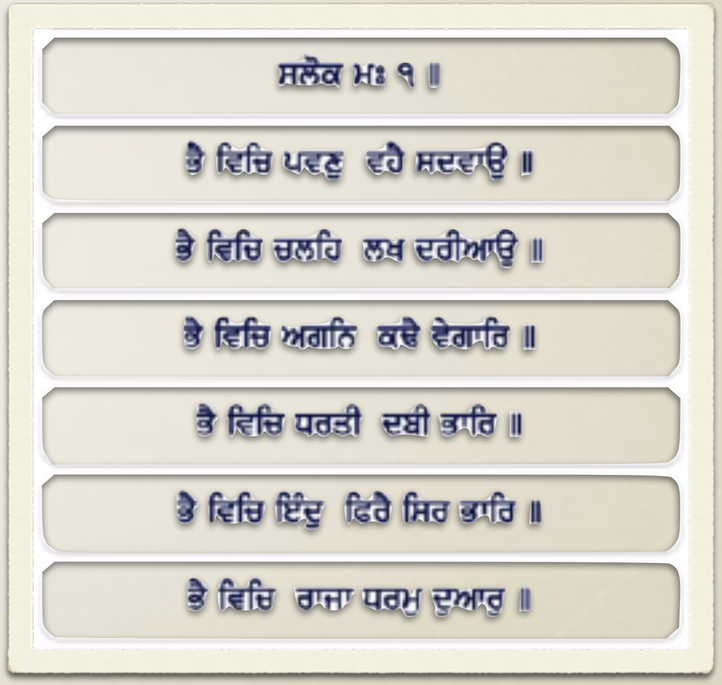
* ਭੈ: constraints, discipline, rule
* ਸਦਵਾਉ: always moving (natural law)
* ਦਰੀਆਉ: rivers, dependency (vis. desires)
* ਕਢੈ ਵੇਗਾਰਿ: compelled, without reward
* ਦਬੀ ਭਾਰਿ: weighed down, burdened (basic)
* ਸਿਰ ਭਾਰਿ: anxiety, stress (psychological)
* ਧਰਮ ਦੁਆਰੁ: purpose leading to the opening



INFINITE

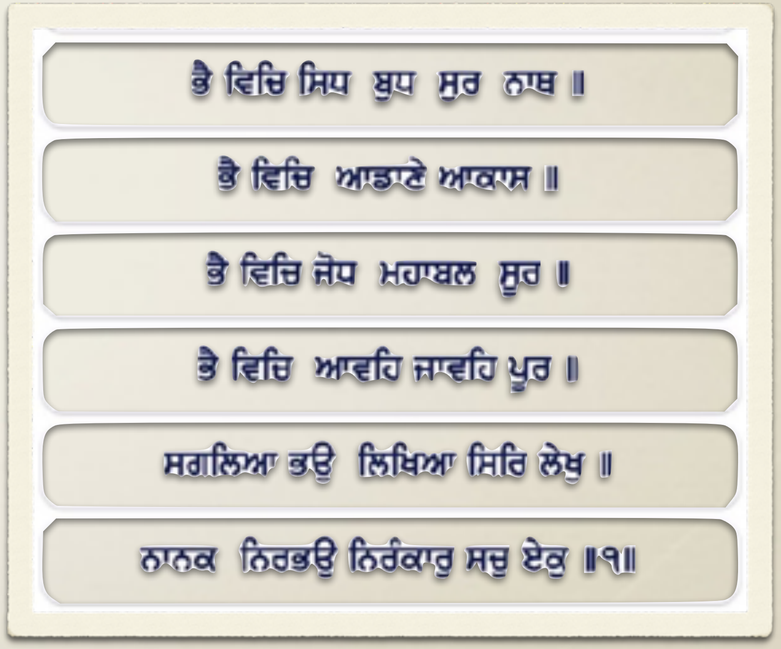
Constraints / Balance

* All expressions find balance within constraints
* Serve a purpose - experience
* Compact - directed by intention
* Tethered by fear / desires
* Purposeful via discipline (w/in constraints)



Endemic

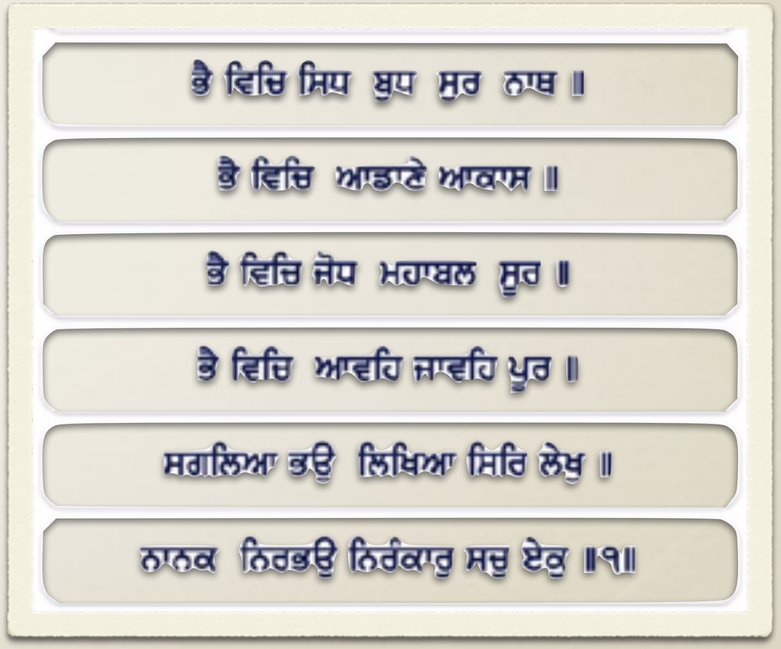
* ਸਿਧ ਬੁਧ ਸੂਰ ਨਾਥ: accomplished, mastery
* ਆਡਾਣੇ ਆਕਾਸ: operating above base impulses
* ਮਹਾ ਬਲ ਸੂਰ: courageous, willful
* ਲਿਖਿਆ ਸਿਰਿ ਲੇਖ: path destined by immersion
* ਨਿਰਭਉ ਨਿਰੰਕਾਰੁ ਸਚੁ ਏਕੁ: uncompelled, space of all possibility is in a state of wholeness



INFINITE

Endemic

* Those who claim control are within it
* Gains exert inertia upon the energetic
* All operate under constraints
* Only in union with the Source is one free, unconstrained potential



INFINITE

Constraints, Balance, and Intention

Universal Constraints:
All beings and expressions operate under constraints—physical, mental, emotional—that shape experience.

Fear and Desire as Tethers:
These constraints often arise from fear or desire, and even those who believe themselves "in control" are bound by the very structures they create.

Union with the Source (Intention):
True freedom emerges only when one aligns with the Source (1), tapping into an unconstrained potential beyond limiting fears and desires.

Key Insight:

We are always working within certain bounds—until we awaken to the deeper truth that genuine freedom rests in 1ness with the Source.

1NFINITE

A marketplace of preservation

* ਹੋਰਿ ਕੇਤੇ ਰਾਮ ਰਵਾਲ: so many expressions
* ਬੇਦ ਬੀਚਾਰ: intellectual framework, knowledge (borrowed), not wisdom (self realized)
* ਨਚਹਿ ਮੰਗਤੇ: poverty compels contortion
* ਗਿਤਿ ਮੁਤਿ ਪੂਰਹਿ ਤਾਲ: contort, remain dissonant
* ਆਇ ਕਢਹਿ ਬਾਜਾਰ: make a show of self
* ਆਖ ਪਤਾਲ: fancy verbose, no substance

ਮਃ ੧ ॥

ਨਾਨਕ ਨਿਰਭਉ ਨਿਰੰਕਾਰੁ
ਹੋਰਿ ਕੇਤੇ ਰਾਮ ਰਵਾਲ ॥

ਕੇਤੀਆ ਕਥਨ ਕਹਾਣੀਆ
ਕੇਤੇ ਬੇਦ ਬੀਚਾਰ ॥

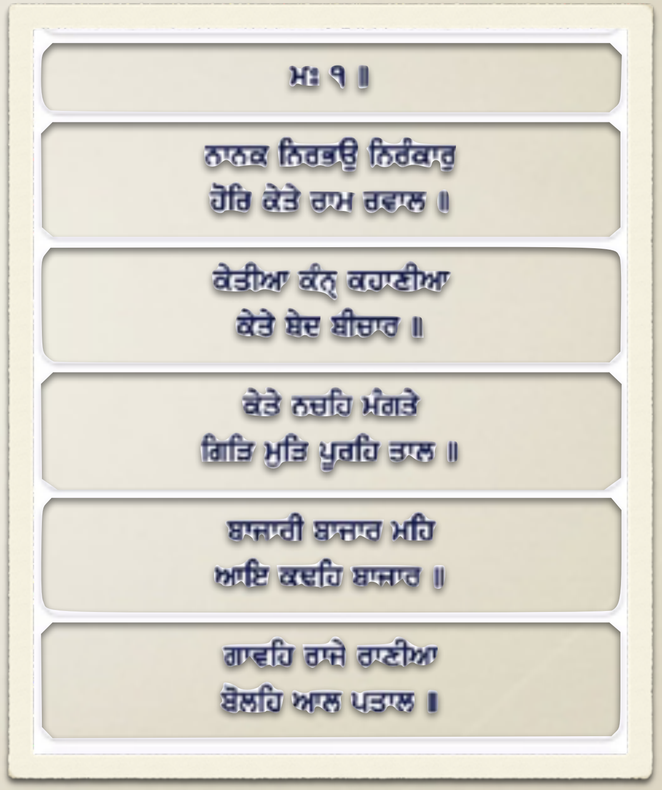
ਕੇਤੇ ਨਚਹਿ ਮੰਗਤੇ
ਗਿਤਿ ਮੁਤਿ ਪੂਰਹਿ ਤਾਲ ॥

ਬਾਜਾਰੀ ਬਾਜਾਰ ਮਹਿ
ਆਇ ਕਢਹਿ ਬਾਜਾਰ ॥

ਗਾਵਹਿ ਰਾਜੇ ਰਾਣੀਆ
ਬੋਲਹਿ ਆਲ ਪਤਾਲ ॥

A marketplace of preservation

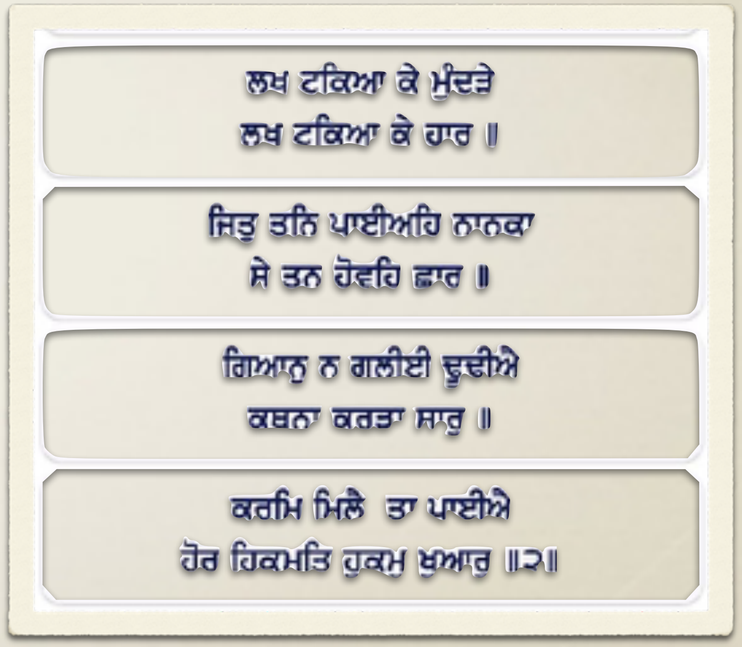
* Unconstrained potential, else manifested
* Estimates, theories, compartmentalization
* Vying for self-preserving sustenance
* Selling their wares, firming up separation
* Framing opposition their goods



INFINITE

Value: misplaced or no clutching

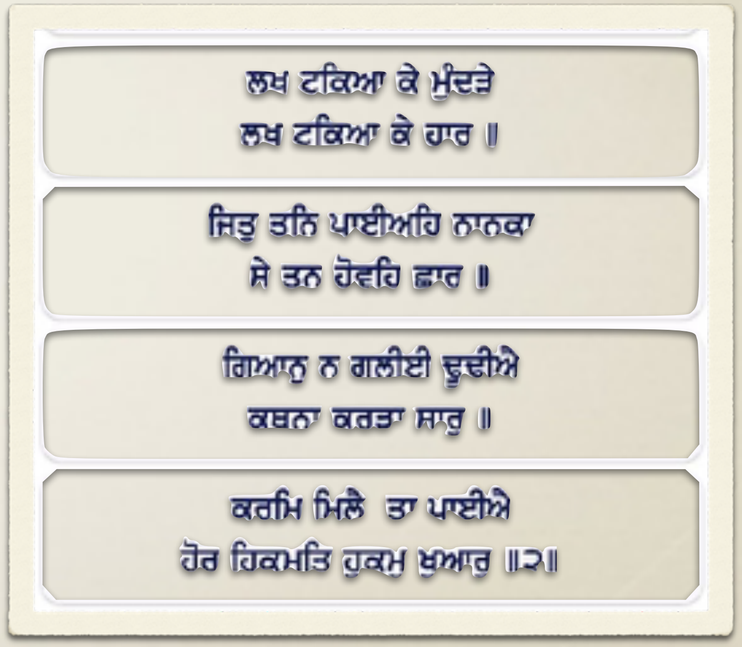
* ਮੁੰਦੜੇ / ਹਾਰ: show of value (material)
* ਸੇ ਤਨ ਹੋਵਹਿ ਛਾਰ: adorns the perishable
* ਗਿਆਨੁ: inner (essential) Wisdom of ıness
* ਨ ਗਲੀਈ ਢੂਢੀਐ: cannot talk one's way to *getting it*
* ਕਰਮਿ ਮਿਲੈ: via beneficence, being, acts
* ਹੋਰ ਹਿਕਮਤਿ ਹੁਕਮੁ ਖੁਆਰੁ: else, they remain Intentionally lost



INFINITE

Value: misplaced or no clutching

* Loftily valued, adorning the perishable
* Wisdom, inaccessible via platitudes
* Uncovered in Grace of ɪ
* The haughty flounder



ɪNFINITE

The Marketplace of Preservation

Misplaced Value and Separation:
In the “marketplace” of life, people vie for self-preservation, selling their “wares” (ideas, identities, agendas) and often reinforcing separation in the process.

Unconstrained Potential vs. Manifested:
While pure potential exists, it’s frequently reduced to estimates, theories, and compartmentalized constructs, obscuring the inherent unity.

Wisdom in Grace:
Wisdom cannot be acquired through mere platitudes or intellectual compartmentalization; it is uncovered by grace and genuine openness. Those who cling to superficial adornments or haughty pride inevitably flounder.

Key Insight: *Clinging to external “value” and self-preserving strategies leads to separation. True wisdom flows only from an open connection with ɪness.*

INFINITE

Essential Reflection 4/24

* ਨਦਰਿ ਕਰਹਿ: uncovered via grace
* ਸਤਿਗੁਰ ਪਾਇਆ: come upon unitive Wisdom
* ਸ਼ਬਦੁ ਸੁਣਿਆ: Wisdom is in one's listening
* ਜੇਵਡੁ ਦਾਤਾ ਕੋ ਨਹੀ: unparalleled reward
* ਸਚੁ ਪਾਇਆ/ਬੁਝਾਇਆ: step into the space of ıness to get it
* ਆਪੁ ਗਵਾਇਆ: dispel self (only space for ı)

ਪਉੜੀ ॥

ਨਦਰਿ ਕਰਹਿ ਜੇ ਆਪਣੀ
ਤਾ ਨਦਰੀ ਸਤਿਗੁਰੁ ਪਾਇਆ ॥

ਏਹੁ ਜੀਉ ਬਹੁਤੇ ਜਨਮ ਭਰੰਮਿਆ
ਤਾ ਸਤਿਗੁਰਿ ਸਬਦੁ ਸੁਣਾਇਆ ॥

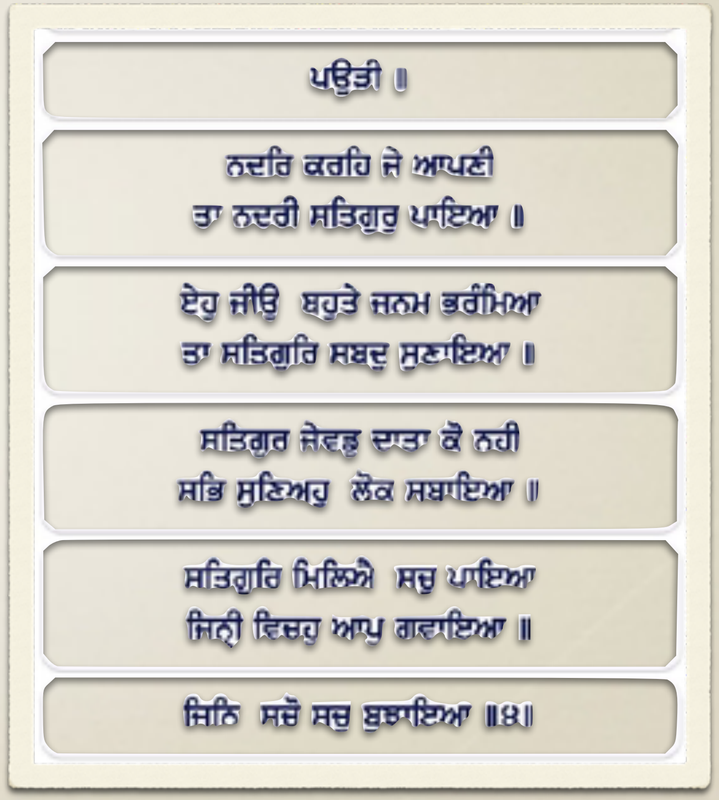
ਸਤਿਗੁਰ ਜੇਵਡੁ ਦਾਤਾ ਕੋ ਨਹੀ
ਸਭਿ ਸੁਣਿਅਹੁ ਲੋਕ ਸਬਾਇਆ ॥

ਸਤਿਗੁਰਿ ਮਿਲਿਐ ਸਚੁ ਪਾਇਆ
ਜਿਨੀ ਵਿਚਹੁ ਆਪੁ ਗਵਾਇਆ ॥

ਜਿਨਿ ਸਚੋ ਸਚੁ ਬੁਝਾਇਆ ॥੪॥

Essential Reflection 4/24

* Grace: Essential Wisdom of Being uncovered
* Opportunity: Integrity or floundering
* Bounteous: *coming from* essential Wisdom
* Verity: upon *letting go* of clutching the self
* Conditional upon *getting it* oneself



“Asa ki Var” 4/24

Core Realizations:

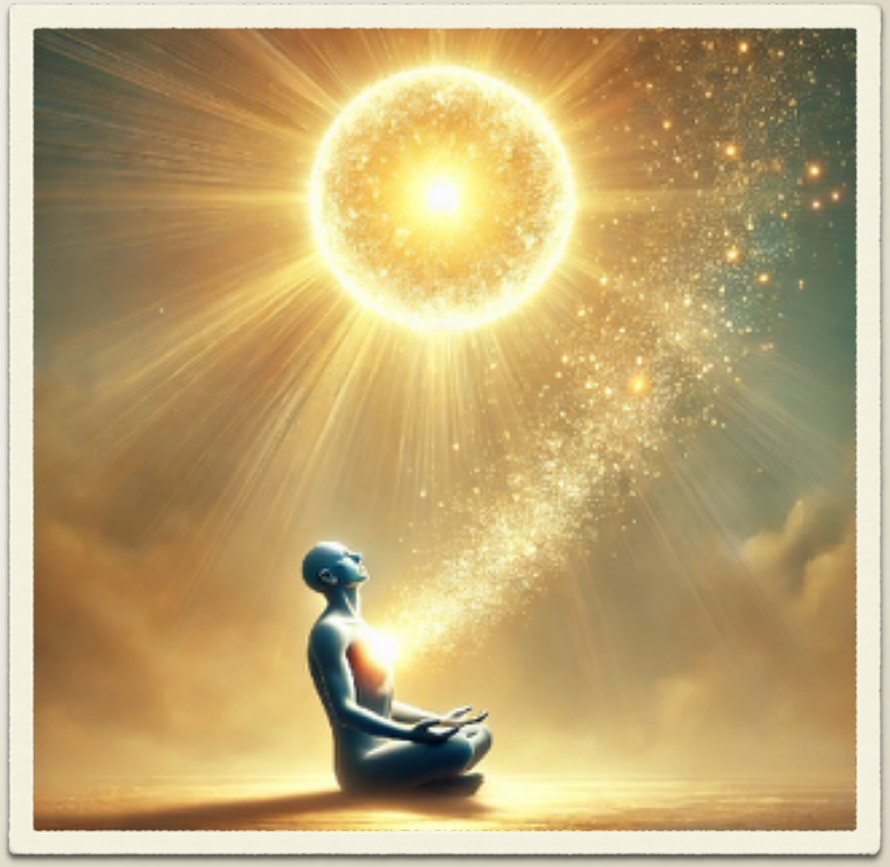
1. **Grace**: The essential wisdom of being, revealed through genuine openness.

2. **Opportunity**: Each moment offers a choice between integrity (living from Source) or floundering (lost in ego-driven constraints).

3. **Bounteousness**: Abundance naturally arises from essential wisdom, not from external pursuits.

4. **Verity**: Letting go of the self’s clutching is the condition for perceiving ultimate truth.

   Key Insight: *When we release our tight hold on identity and fear-based strategies, grace uncovers the wisdom and abundance already present.*



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Illusion vs. Inner Truth

The Mirage of External Pursuits:
Our lives are often dominated by the pursuit of success, status, and fleeting pleasures. These external markers, while enticing, are mere illusions that distract us from the deeper truth of our existence.

The Persistent Inner Light:
Beneath all these layers of external chases lies a quiet, unwavering inner truth—a radiant presence that remains constant irrespective of outward circumstances.

Deep Inquiry: *What is it that I'm really seeking?*

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Fragmentation vs. 1ness

Multiplicity of the Self:
We often see ourselves as a collection of roles, emotions, and identities—each fragment representing a part of our experience. This fragmentation can create a sense of disconnection, both from ourselves and from others.

The Underlying Unity:
Despite the seeming disarray, there is an intrinsic ıness at the core of our being. Recognizing this unity helps dissolve the false boundaries that separate us.

Deep Inquiry:
Am I defined by the many roles I play, or can I sense the timeless wholeness beneath?

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Validation vs. Authenticity

The Trap of External Approval:
Our need for validation, often expressed through the pursuit of praise or recognition, reveals an underlying insecurity. This need masks the truth that our worth is inherent and unconditioned.

Embodied Authenticity:
Authenticity emerges when we release the craving for external validation and embrace the genuine, silent strength of our being.

Deep Inquiry:
Do I perform to gain approval, or do I express my true self irrespective of the audience?

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Duality, Constraints, and Grace

The Illusory Nature of Duality:
Life appears to be a constant interplay of opposites—joy and sorrow, success and failure, creation and decay. However, these dualities are often products of our limited perspective.

Operating Within Constraints:
Every expression in life is inherently bound by constraints—whether physical, emotional, or societal. Even those who seem to control their destiny are still confined within certain limits.

Grace as the Unifying Force:
True freedom and unbounded potential arise when we align with the Source. This alignment dissolves the imposed constraints, revealing a bounteous wisdom that flows naturally when we let go of our self-clutching tendencies.

Deep Inquiry:*Can I embrace both the limitations and the vast potential of my existence?*

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Themes 1 - 4

From Illusion to Clarity:
We start by recognizing that the chase for external validation and success is illusory. The real journey is inward, toward the inner light that never fades.

From Fragmentation to Wholeness:
The seemingly scattered pieces of our identity are not a sign of loss but a call to integrate and recognize the underlying ıness that binds all experiences.

From Dependence on Validation to Self-Authenticity:
Shifting the focus from external approval to inherent authenticity allows us to connect more deeply with our true nature, fostering inner resilience and genuine self-worth.

From Duality to Unbounded Grace:
Embracing the constraints and oppositions of life ultimately leads us to a higher perspective—one where the paradox of duality melts into the expansive grace of being, free from the illusion of separation.

Together, these themes guide us on a transformative journey—from the entanglement in illusions and fragmentation to the liberation found in authenticity and unity with the Source.

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