

# Japji

PAURI 33: THE EGO ERADICATOR

By Dev Suroop Kaur Khalsa

**H**uman beings are blessed to be social animals that thrive on a state of emotional connectedness with others. To this end, we may long for loving and understanding relationships, but the thing that tends to trip us up is our own ego—our awareness of our individual identity to the exclusion of our experience of Infinity. At its worst, the ego manifests as an inflated feeling of pride and superiority over others.

The yogis refer to the ego as a ‘tiger’ that must be slain in order to experience Infinity. Ego and Infinity are totally opposite. The ego is limiting and finite. Wherever “I”—the ego—lives and thrives, “Thou”—Infinity—can never come to dwell. It is in our Infinity and vastness that we can see the beauty of our inter-connectedness and shared experience in life and can easily flow in relationships. Such unification cannot occur when the ego is in play.

Recently a friend of mine was indulging his ego in a sense of superiority and said some clearly hurtful things to his girlfriend. Enough was enough. She confronted him and told him to either change his behavior once and for all, or else. In the days that followed, we witnessed a dramatic struggle between his desperation to be seen as being right, versus his strong desire to maintain the most meaningful relationship of his life. He tried blaming others for his behavior and he created justifications that he hoped others would believe. As you might expect, it didn’t work. Fortunately, my friend eventually gave up the fight, surrendered his ego, and gracefully relaxed into a place of union with his girlfriend.

It is said that reciting the 33rd *pauri* (stanza) of *Japji Sahib*<sup>1</sup> dissolves your ego and brings forth your divinity. It removes negativity, neutralizes your destructive nature, and prevents harm to others by your hand.

As you can see from the translation below, Guru Nanak<sup>2</sup> stresses that we as individuals are not the ones running the show. Higher caliber and elevated awareness become a personal reality when we effectively surrender to and obey the command of higher consciousness—to remember that God is the Doer and that “The One who rotates the Earth can take care of your routine.” (Yogi Bhajan)

## Suggestions for Practice:

To experience its power, a *Shabd*<sup>3</sup> should be recited 11 times a day for a minimum of 40 days. Recite it in English or in *Gurmukhi*,<sup>4</sup> both are beneficial. However, reciting in Gurmukhi allows you to better access the power of the mantra. As the words are recited in proper *Naad*, or sound current, the tongue hits the meridian points on the upper palate, effecting a change in consciousness. Work carefully to pronounce the words properly. *Japji* CDs are available through [www.a-healing.com](http://www.a-healing.com).

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1 The first of five daily Sikh prayers recited to connect one to one’s soul

2 The first of the Sikh Gurus and the composer of *Japji Sahib*.

3 Sacred song based on the sound current

4 The written form of the Punjabi language used in Sikh scripture

## 33rd Pauri of *Japji*

*Aakhan jor chupai neh jor  
Jor na mangan dayn na jor  
Jor na jeevan maran neh jor  
Jor na raaj maal man sor  
Jor na surtee gi-aan veechaar  
Jor na jugatee chhutai sansaar  
Jis hath jor kar vaykhai so-i  
Nanak utam neech na ko-i*

The power to speak  
Or keep silent,  
I don’t have that power.

I don’t have the power  
To beg or to give.

When I live,  
When I die-  
Is far beyond my power.

I have no power  
To rule as a King,  
With wealth  
Or through the force  
Of my own mental manipulations.

I have no power  
To attach myself to God  
through meditation,  
Or to attain wisdom,  
Or to reflect on what I see.

I have no power  
To know the way  
To liberate myself  
From the world.

Whose Hand  
Holds this power?

The One  
Who does and sees all.

Nanak,  
No one is high  
And no one is low.

Translation by Ek Ong Kaar Kaur Khalsa