

Bhagat Ravidas – Sabad 40
milat piaaro praan naath kavan bhagat te ||
Raag Malar, Bhagat Ravidas, Guru Granth Sahib, 1293

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saadhasa(n)gat paiee param gate || rahaau ||
maile kapare kahaa lau dhovau ||
aavaigee needh kahaa lag sovau ||1||
joiee joiee jorio soiee soiee faaTio ||
jhooThai banaj uTh hee giee haaTio ||2||
kahu ravidhaas bhio jab lekho ||
joiee joiee keeno soiee soiee dhekhio ||3||1||3||

Summary: Introspection begins when we focus on our actions without needing to justify or criticize them. Instead of measuring or defending our behaviour, we can embrace it by examining our intentions, impulses, fears, habits, and conditioning. This approach enables us to reflect without resistance and to understand that our actions reflect both inner and outer experiences that don't define our character. While accountability is important, reducing self-doubt leads to greater clarity. Acknowledging our experiences empowers wiser responses, highlighting that introspection can foster awareness and growth we all strive for.

milat piaaro praan naath kavan bhagat te ||

To connect with the all-pervading sustaining force, what kind of devotion is required? This explores the mindset that enables awareness to unfold.

saadhasa(n)gat paiee param gate || rahaau ||

In the company of righteousness, we can attain the supreme state of enlightenment. This shows that inward reflection and experiential learning can turn confusion into awareness. (Pause)

maile kapare kahaa lau dhovau ||

How long will I continue washing soiled clothes? This illustrates the weariness and emptiness of attempting to overcome the ego through superficial methods.

aavaigee needh kahaa lag sovau ||1||

When sleep comes, how long shall I remain in this slumber? This reveals that moments of ignorance are inevitable, but should we accept this state and miss the opportunity to evolve? (1)

joiee joiee jorio soiee soiee faaTio ||

Whatever I stitched together, those very things eventually tore apart. This illustrates the futility of clinging to possessions, underscoring their transience and ultimate separation.

jhooThai banaj uTh hee giee haaTio ||2||

Engaging in deceptive trade led to the shop's closure. This shows that investing in duality results in a loss of inner stability and leads to missed life opportunities. (2)

kahu ravidhaas bhio jab lekho ||

Ravidas says that when the conscience does the accounting. This refers to a moment of introspection regarding one's actions, recognizing rather than reckoning.

joiee joiee keeno soiee soiee dhekhio ||3||1||3||

Whatever actions we perform, we witness a corresponding outcome. This inescapable law of cause and effect, as reality constructed by us, is observation to grow and not judgment to regret. (3)(1)(3)

Essence: Bhagat Ravidas highlights the principle of cause and effect. Our consistent thoughts, actions, and choices shape our experiences and create outcomes that reflect our behaviour. He acknowledges that moments of ignorance are unavoidable; we can either accept them and miss out on growth or recognise them and pursue awareness. Every experience offers valuable feedback, serving as a catalyst for change rather than a reason for regret. Embracing this mindset can enable change and help us to keep our actions and lives authentic.

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