

Bhagat Ravidas – Sabad 8
sa(n)t tujhee tan sa(n)gat praan ||
Raag Asa, Bhagat Ravidas, Guru Granth Sahib, 486

sa(n)t tujhee tan sa(n)gat praan ||
satigur giaan jaanai sa(n)t devaa dev ||1||
sa(n)t chee sa(n)gat sa(n)t kathaa ras ||
sa(n)t prem maajhai deejai devaa dev ||1|| rahaau ||
sa(n)t aacharan sa(n)t cho maarag sa(n)t ch olhag olhaganeer ||2||
aaur ik maagau bhagat chi(n)taaman ||
janeer lakhaavahu asa(n)t paapeer san ||3||
ravidas bhanai jo jaanai so jaan ||
sa(n)t ana(n)tehar a(n)tar naaheer ||4||2||

Summary: The term "Sant" originates from Sanskrit, where "sat" means reality and "saant" signifies tranquillity. A Sant is not merely a person; instead, it is a disposition that represents a living embodiment of divinity. This concept describes a state of awakened self-reflection characterized by serenity and composure, reflecting the qualities of a truth-exemplar. The demeanour and actions of a Sant illustrate a harmonious interconnectedness between universal awareness and the individual self, highlighting the essence of oneness that connects all of creation.

sa(n)t tujhee tan sa(n)gat praan ||

The essence of truth and tranquillity resides within our body, and connecting with it is the source of life-giving energy. This suggests that inner alignment fosters awareness, an essential aspect of our spiritual existence.

satigur giaan jaanai sa(n)t devaa dev ||1||

True wisdom that leads us from the darkness of ignorance to the light of awareness recognises that those who embody tranquillity and truthfulness are the most enlightened, the supreme deity among all deities. This insight emphasises that enlightenment and piety are not hierarchical but a shared pursuit of truth. (1)

sa(n)t chee sa(n)gat sa(n)t kathaa ras ||

The company of enlightened conscience, tranquil and truthful, offers spiritual dialogue worth cherishing. This emphasises insight arising from lived experiences rather than abstract concepts.

sa(n)t prem maajhai deejai devaa dev ||1|| rahaau ||

Grant me the love for a realized state of tranquillity and truthfulness, O source of all sources. This reflects the aspiration to anchor the conscience with wisdom rather than in worldly illusions. (1)(Pause)

sa(n)t aacharan sa(n)t cho maarag sa(n)t ch olhag olhaganeer ||2||

May my conduct align with an enlightened conscience; may my way of life embody a tranquil disposition, and may I be dedicated to serving a truthful mindset. This emphasizes the importance of integrating our actions, way of life, and intentions with the principles of universal wisdom. (2)

aur ik maagau bhagat chintamani ||

I seek one more virtue of devotional contemplation to achieve spiritual fulfilment. This reference to "Chintamani," the symbolic wish-fulfilling jewel, serves as a metaphor for deep seeking to align with universal wisdom.

janeer lakhaavahu asa(n)t paapeer san ||3||

Refrain from exposing the conscience to a lack of awareness or negativity. This suggests a protective boundary against behaviors that lead the mind into duality and ignorance. (3)

ravidas bhanai jo jaanai so jaan ||

Ravidas says those who comprehend the essence are aware and enlightened. This affirms that truth is best understood through direct perception and experience, rather than through mere intellectual speculation.

sa(n)t ana(n)teer a(n)tar naahee ||4||2||

Between the realized being and the infinite all-pervading awareness, there is no separation. This reflects the truth of non-duality that when the ego dissolves, one realizes that individual consciousness and universal consciousness are one. (4)(2)

Essence: Bhagat Ravidas uses the term Chintamani, a symbolic wish-fulfilling jewel, to represent the transformative power of cultivating qualities that lead to enlightenment. These virtues go beyond moral ideals; they are living expressions of an awakened consciousness. This inclination towards love of tranquillity, truthfulness, and service to those who embody peace and righteousness fosters deep spiritual fulfilment. He also emphasizes the importance of recognizing negativity and discerning unrighteous behaviour, not for judgment but for insight. Through this

realization, the enlightened self merges with infinite awareness, bringing unity, peace, and divine purpose to every moment.

An initiative by

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com