

**Bhagat Parmanand - Sabad 1**  
**tai nar kiaa puraan sun keenaa ||**  
**Raag Sarang, Bhagat Parmanand, Guru Granth Sahib, 1253**

tai nar kiaa puraan sun keenaa ||  
anapaavane bhagat nahee upajee bhookhai dhaan na deenaa ||1|| rahaau ||  
kaam na bisario karo dh na bisario lobh na chhootio devaa ||  
par ni(n)daa mukh te nahee chhootee nifal bhaee sabh sevaa ||1||  
baaT paar ghar moos biraano peT bharai apraadhee ||  
jeh parlok jai apakeerat soiee abidiaa saadhee ||2||  
hi(n)saa tau man te nahee chhootee jeea daiaa nahee paalee ||  
paramaana(n)d saadhasa(n)gat mil kathaa puneet na chaalee ||3||1||6||

**Summary:** Scriptures carry the distilled wisdom of awakened beings, inviting us to reflect on their lived experience rather than merely repeat their words. Spiritual growth arises when these insights are practised, tested through personal experience, and deepened through introspection. Without such inner integration, the mind can slip into exploitation, taking from others while rationalizing its own endless desires. This weakens conscience, thereby harming the self and eroding goodness in society. Meaningful learning begins when wisdom moves from text into conduct, transforming awareness into ethical responsibility.

tai nar kiaa puraan sun keenaa ||

Oh, being, what have you truly understood from listening to the scriptures? This suggests that simply hearing philosophical concepts is insufficient unless they reach the depths of your conscience and inspire meaningful change in your life.

anapaavane bhagat nahee upajee bhookhai dhaan na deenaa ||1|| rahaau ||

Unwavering devotion has yet to emerge, and the willingness to support those in need is lacking. This indicates that true devotion is not merely about religious affiliation, but rather about how that commitment translates into acts of compassion and generosity towards others. (1)(Pause)

kaam na bisario karo dh na bisario lobh na chhootio devaa ||

Unrestrained desires have not been controlled; anger has not been conquered; greed has not been overcome. O revered being! This illustrates an ignorant mindset still ensnared by impulses, even while presenting an outward façade of piety or wisdom.

par ni(n)daa mukh te nahee chhooTee nifal bhaee sabh sevaa ||1||

Your mouth has not discarded slandering and gossiping about others; hence, the efforts of your service to others are useless and fruitless. This demonstrates the contradiction of appearing kind on the outside while your words cause harm, show disrespect, and diminish others. (1)

baaT paar ghar moos biraano peT bharai apraadhee ||

By conquering and plundering what is not rightfully ours, and by exploiting resources acquired through unjust means, we become transgressors. This reflects a mindset that thrives on exploitation, continually taking from others to justify its own insatiable desires.

jeh parlok jai apakeerat soiee abidiaa saadhee ||2||

When you enter a deeper state of reflection, your conscience will become aware of any ill intentions and unwise actions you have taken. This implies that our actions lead to an inner afterlife of sorts, with consequences that linger in our conscience as negative or positive feelings. (2)

hi(n)saa tau man te nahee chhooTee jeea daiaa nahee paalee ||

Cruelty has not left the mind, and kindness for others is not cherished. The issue extends beyond physical harm to include emotional apathy that fails to understand or accept others.

paramaana(n)d saadhasa(n)gat mil kathaa puneet na chaalee ||3||1||6||

Parmanand says that even among the virtuous, one may not choose the path of nobility. This indicates that noble associations can remain merely transactional unless humility triumphs over ego to embody righteousness. (3)(1)(6)

**Essence:** Bhagat Parmanand powerfully illustrates the profound, compassionate nature of true devotion. He recognises the value of scriptures, service, and spiritual companionship, but provocatively questions their impact when they slip into mere performance, routine, or superficial identity. True devotion emerges only when wisdom, compassion, and meaningful relationships inspire genuine generosity in our words and actions, fostering a character free from negativity. Embracing this understanding deepens our spiritual journey and enriches our lives.

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