

Bhagat Ramanand – Sabad 1
kat jaieeai re ghar laago ra(n)g ||
Raag Basant Hindol, Bhagat Ramanand, Guru Granth Sahib, 1195

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meraa chit na chalai man bhio pa(n)g ||1|| rahaau ||
ek divas mann bhiee uma(n)g ||
ghas cha(n)dan choaa bahu suga(n)dh ||
poojan chaalee braham Thai ||
so braham bataio gur man hee maeh ||1||
jahaa jaieeai teh jal pakhaan ||
too poor rahio hai sabh samaan ||
bed puraan sabh dekhe joi ||
uohaa(n) tau jaieeai jau iehaa(n) na hoi ||2||
satigur mai balihaaree tor ||
jin sakal bikal bhram kaaTe mor ||
raamaana(n)d suaamee ramat braham ||
gur kaa sabad kaaTai koT karam ||3||1||

Summary: The truth lies within you. This powerful phrase underscores that our deepest insights and understanding originate from within rather than from external influences or ritualistic practices. Our inner wisdom harbours invaluable guidance. By recognising our true selves, we unlock remarkable insights. Connecting with this inner self reveals unique perspectives and profound truths that can dispel our doubts and weaknesses, ultimately transforming our lives for the better. Engaging in this journey empowers us to tap into the incredible potential that lies within us.

kat jaieeai re ghar laago ra(n)g ||

Why should one seek spiritual knowledge elsewhere when the brilliance of wisdom is imbued within oneself? This marks a turning point at which the external search diminishes, as the heart recognizes that the essence is already emerging from within.

meraa chit na chalai man bhio pa(n)g ||1|| rahaau ||

My conscience is unwavering, and my incapacitated mind's thoughts have become still. This reflects the inner stillness that arises when awareness becomes absorbed in self-realization. (1)(Pause)

ek divas mann bhiee uma(n)g ||

One day, a yearning arose within the mind. This reflects the longing and pull toward something more intimate, subtle, and meaningful.

ghas cha(n)dan choaa bahu suga(n)dh ||

I mixed sandalwood paste with several fragrant oils. This symbolises ritualistic practices considered sacred according to a religious institution.

poojan chaalee braham Thai ||

I went to worship the omnipresent energy as a creator in a place of worship. This demonstrates the misconception that all-providing awareness is limited to a physical location.

so braham bataio gur man hee maeh ||1||

The supreme creator, manifested in creation, revealed that wisdom resides within one's consciousness. This suggests that what we are seeking is within, waiting to be recognised. (1)

jahaa jaieeaaai teh jal pakhaan ||

Wherever the seeker goes, they experience the water and stones as symbols of worship. This suggests that all-pervading awareness cannot be experienced through physical symbols; it requires fluidity of thought and firmness of integrity.

too poor rahio hai sabh samaan ||

The omnipresent energy permeates all forms equally. This endorses that the seeker's journey is about awakening the inner eye to recognize this same presence in all beings and places.

bed puraan sabh dekhe joi ||

The spiritual scriptures have all been searched and read. This means that philosophical and religious texts have been reflected upon.

uohaa(n) tau jaieeaaai jau iehaa(n) na hoi ||2||

We may go elsewhere only if the omnipresent awareness does not reside within. This reflects the futility of restless wandering, as our innate wisdom resides in our experiential learning. (2)

satigur mai balihaaree tor ||

I am a sacrifice to the truthful insights. This reverence points to the clarity provided by wisdom that guides from ignorance to awareness.

jin sakal bikal bhram kaaTe mor ||

Which has obliterated all my weaknesses and doubts. This endorses that mindfulness is a virtue which elevates our conscience.

raamaana(n)d suaamee ramat braham ||

Ramanand says his master is the all-pervading awareness that resides in all. This is a state where oneness is embraced

gur kaa sabad kaaTai koT karam ||3||1||

The words of true wisdom help eradicate millions of thoughts that lead to negative actions. (3)(1)

Essence: Bhagat Ramanand passionately illustrates how his mentor embodies the universal energy within all beings. This profound insight can transform our journey, leading us out of the shadows of ignorance and into the brilliant light of awareness. By embracing this genuine wisdom, we can overcome the detrimental thoughts that often entice negative actions, empowering us to live a more enlightened and fulfilling life.

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