

**Bhagat Trilochan - Sabad 3**  
**a(n)t kaal jo lachhamee simarai aisee chi(n)taa meh je marai ||**  
**Raag Gujri, Bhagat Trilochan, Guru Granth Sahib, 526**

a(n)t kaal jo lachhamee simarai aisee chi(n)taa meh je marai ||  
sarap jon val val aautarai ||1||  
aree baiee gobid naam mat beesarai || rahaau ||  
a(n)t kaal jo isatree simarai aisee chi(n)taa meh je marai ||  
besavaa jon val val aautarai ||2||  
a(n)t kaal jo laRike simarai aisee chi(n)taa meh je marai ||  
sookar jon val val aautarai ||3||  
a(n)t kaal jo ma(n)dar simarai aisee chi(n)taa meh je marai ||  
pret jon val val aautarai ||4||  
a(n)t kaal naarain simarai aisee chi(n)taa meh je marai ||  
badat tilochan te nar mukataa peeta(n)bar vaa ke ridai basai ||5||2||

**Summary:** The "final moment" signifies a crucial turning point in our lives, distinct from the end of life. In these critical instances, our choices and thoughts shape our mindset and reflect our inner conditioning. Each decision leaves a lasting impression, guiding us toward clarity or confusion. Reactive thoughts can fuel restlessness, while steady thoughts align us with our true selves. These pivotal moments offer transformative opportunities that shape our intentions and influence who we are and who we can become, ultimately defining our future.

a(n)t kaal jo lachhamee simarai aisee chi(n)taa meh je marai ||  
At the final moment of any decision, if we remain absorbed in thoughts of material wealth, our conscience perishes with that concern. This represents a mindset rather than a physical death, where an obsession with material possessions stifles our spiritual growth.

sarap jon val val aautarai ||1||  
Their cycle of repetitive thoughts can trap them like a serpent. This symbolizes a toxic mindset that coils around our intentions, suffocating our ability to achieve true peace and clarity. (1)

aree baiee gobid naam mat beesarai || rahaau ||  
O fellow being, remember to reflect on the boundless awareness that surrounds us. This crucial insight reveals that what we focus on in our awareness profoundly influences the flow of our experiences. (Pause)

a(n)t kaal jo isatree simarai aaisee chi(n)taa meh je marai ||

At the final moment of any decision, if we remain absorbed in thoughts of sensual pleasures, our conscience perishes along with that concern. This reflects a mindset that seeks fulfilment in external fleeting experiences rather than embracing lasting values.

besavaa jon val val aautarai ||2||

Their cycle of repetitive thoughts can trap them in states of transactional pleasures. This reflects a mindset that seeks fulfilment through others, rather than embracing its inherent wholeness. (2)

a(n)t kaal jo laRike simarai aaisee chi(n)taa meh je marai ||

At the final moment of any decision, if we remain absorbed in thoughts of ownership, our conscience perishes in this state of concern. This represents a mindset that clings to what it has created and desires to control it, trapping them in possessiveness.

sookar jon val val aautarai ||3||

Their cycle of repetitive thoughts can trap them in indulgence, like a pig wallowing in dirt. This symbolizes a mindset rooted in the filth of attachment and unrestrained desires. (3)

a(n)t kaal jo ma(n)dar simarai aaisee chi(n)taa meh je marai ||

At the final moment of any decision, if we remain entrenched in rituals and religious structures, our conscience is lost amid this concern. This reveals a mindset that prioritises constructed identity and duality over clarity and unity.

pret jon val val aautarai ||4||

Their cycle of persistent thoughts can trap them in a ghost-like existence tied to worldly attachments. This symbolises an inability to release and let go of desires tied to physical forms that offer no sense of fulfilment. (4)

a(n)t kaal naarain simarai aaisee chi(n)taa meh je marai ||

At the final moment of any decision, if we embody the essence of the all-pervading awareness. This reflects a mindset that is mindful and aligned with righteousness.

badat tilochan te nar mukataa peeta(n)bar vaa ke ridai basai ||5||2||

Trilochan says that a liberated being possesses the radiance of universality within their conscience. The term Peetambar symbolizes clarity, balance, and unwavering presence, guiding us towards oneness. (5)(2)

**Essence:** Bhagat Trilochan insightfully observes that our mindset is shaped by what we repeatedly cherish, fear, cling to, and remember. When desire takes center stage, we lose our awareness and find ourselves trapped in a relentless cycle of craving. Yet, through the practice of inner contemplation, we can regain our dignity, enabling us to engage meaningfully in relationships and live fully in the world without the constant pull of desire.

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**Website: [OnenessInDiversity.com](http://OnenessInDiversity.com)**

**Email: [onenessindiversityfoundation@gmail.com](mailto:onenessindiversityfoundation@gmail.com)**