

Bhagat Bheekhan - Sabad 1
nainahu neer bahai tan kheenaa bhe kes dudh vaanee ||
Raag Sorath, Bhagat Bheekhan, Guru Granth Sahib, 659

nainahu neer bahai tan kheenaa bhe kes dudh vaanee ||
roodhaa ka(n)Th sabad nahee ucharai ab kiaa kareh paraanee ||1||
raam rai hoh baid banavaaree ||
apane sa(n)teh leh ubaaree ||1|| rahaau ||
maatthe peer sareer jalan hai karak kareje maahee ||
aaisee bedhan upaj kharee bhaee vaa kaa aukhadh naahee ||2||
har kaa naam a(n)mirat jal nirmal ih aukhadh jag saaraa ||
gur parasaad kahai jan bheekhan paavau mokh dhuaaraa ||3||1||

Summary: In the journey toward embracing wisdom, duality poses a significant obstacle to our progress. This barrier manifests as conflicting perceptions, deepening divisions and attachments, whether involving material possessions, relationships, or social status, leading to a state of dissatisfaction. It clouds our ability to see clearly. Liberation becomes attainable only when we actively seek wisdom through self-reflection, experiential learning, and alignment with the natural order. This path empowers us to rise above the transient constructs of the material world, allowing us to find fulfilment and peace within ourselves.

nainahu neer bahai tan kheenaa bhe kes dudh vaanee ||
Tears flow from weary eyes, the body becomes frail, and hair turns a striking white. This vivid imagery underscores the fragility of our human existence, demonstrating how time starkly reveals the limits of our bodily pride.

roodhaa ka(n)Th sabad nahee ucharai ab kiaa kareh paraanee ||1||
The throat tightens, and words become impossible to speak. In this moment, what can one do? It signifies a state in which our pride in expressing our rigidity fades.
(1)

raam rai hoh baid banavaaree ||
The all-pervading awareness resides in creation as the healer of maladies. This embodies experiential wisdom and a panacea for worldly illusions.

apane sa(n)teh leh ubaaree ||1|| rahaau ||
It elevates and safeguards those who are spiritually inclined; this represents the quest for knowledge that leads to wisdom and, ultimately, liberation from the ego.
(1)(Pause)

maathe peer sareer jalan hai karak kareje maahee ||

The head throbs, the body feels aflame, and the heart is filled with anguish. This portrayal of distress encapsulates a pain that extends beyond the physical to an existential struggle with living in duality.

aaisee bedhan upaj kharee bhaee vaa kaa aukhadh naahee ||2||

An illness has overtaken me. Is there a remedy? This question embodies the urgent quest for relief from the ego's turmoil that robs us of our peace and joy. (2)

har kaa naam a(n)mirat jal nirmal ih aukhadh jag saaraa ||

Reflecting on the unity of all-encompassing awareness is the pure, celestial elixir that heals the world afflicted by duality. This embodies the ability to gain insights that promote harmony as a remedy for the illness of division.

gur parasaad kahai jan bheekhan paavau mokh dhuaaraa ||3||1||

By the grace of the wisdom that leads from darkness to light, humble Bheekhan says, that he has found the door of salvation. This mentions that inner awareness has the healing power to transcend worldly limitations. (3)(1)

Essence: Bhagat Bheekhan effectively illustrates, with both empathy and insight, how our changing physical forms are a testament to the fragility of our pride in our individuality and our limited ability to control our circumstances. Rather than encouraging despair, he advocates pursuing experiential wisdom and self-reflection as powerful catalysts for transformation. By dedicating ourselves to this inner healing, we can reduce the suffering caused by duality and achieve liberation from the ego's grasp, embracing a sense of unity

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