

Bhagat Bheekhan - Sabad 2
aaisaa naam ratan nirmolak pu(n)n padaarath paiaa ||
Raag Sorath, Bhagat Bheekhan, Guru Granth Sahib, 659

aaisaa naam ratan nirmolak pu(n)n padaarath paiaa ||
anik jatan kar hiradai raakhiaa ratan na chhapai chhapaiaa ||1||
har gun kahate kahan na jaiee ||
jaise goo(n)ge kee miThiaaiee ||1|| rahaau ||
rasanaa ramat sunat sukh sravanaa chit chete sukh hoiee ||
kahu bheekhan dui nain sa(n)tokhe jeh dekhaa(n) teh soiee ||2||2||

Summary: The attributes of all-encompassing awareness extend well beyond the confines of language, resonating with the depths of our lived experiences rather than the superficiality of mere words. This expansive awareness acts as a catalyst for transformation, guiding the fragmented mind toward a harmonious state of integration. It gently softens the rigid barriers of egoic defensiveness while nurturing a broader capacity for empathy. In this enriched state, we come to perceive unity not as an elusive concept but as a vivid reality, experienced in the core of our being. What often escapes our ability to articulate begins to emerge powerfully through our presence, the equilibrium we cultivate, and the profound changes in our conduct.

aaisaa naam ratan nirmolak pu(n)n padaarath paiaa ||
Such a jewel of contemplative awareness, priceless and beyond measure, has been attained as a rare treasure through virtuous insights. This inner journey transcends illusions and opens the door to transformative experiences that significantly enrich our lives.

anik jatan kar hiradai raakhiaa ratan na chhapai chhapaiaa ||1||
Despite various efforts to keep them hidden within one's conscience, this inner gem cannot be concealed. It implies that humility prevents one from boasting about personal growth; nonetheless, this transformation inevitably becomes apparent through a person's presence, behaviour, or perspective on life. (1)

har gun kahate kahan na jaiee ||
The qualities of all-encompassing awareness defy description, even when we attempt to articulate them. This reflects realization that goes beyond words, revealed through lived experience, luminous transformation, and the essence of unity.

jaise goo(n)ge kee miThiaaiee ||1|| rahaau ||

It is like the sweetness tasted by one who cannot speak of it. This symbolizes an inward realization that can only be lived, not explained. (1)(Pause)

rasanaa ramat sunat sukh sravanaa chit chete sukh hoiee ||

The tongue delights in expressing, the ears find comfort in listening, and the conscience attains peace in self-reflection. This suggests that all faculties become harmonised in the presence of inner awareness.

kahu bheekhan dui nain sa(n)tokhe jeh dekhaa(n) teh soiee ||2||2||

Bheekhan says that his eyes find contentment wherever he looks; that same presence is perceived. This illustrates a state in which duality diminishes and the same universal essence is recognized everywhere. (2)(2)

Essence: Bhagat Bheekhan describes a transformative state of mind in which each moment reveals a unique essence. In this blissful state, the concepts of duality fade away, allowing us to perceive the omnipresent energy that surrounds us. Our expressions celebrate the beauty of oneness; our connections thrive in unity; and our consciences find peace through contemplation of universality. This shows that by nurturing our inner awareness, we can harmonize all our faculties, enriching our experience of life in remarkable ways.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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