

Bhagat Dhanna - Sabad 1
bhramat firat bahu janam bilaane tan man dhan nahee dheere ||
Raag Asa, Bhagat Dhanna, Guru Granth Sahib, 487

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laalach bikh kaam lubadh raataa mann bisare prabh heere ||1|| rahaau ||
bikh fal meeTh lage mann baure chaar bichaar na jaaniaa ||
gun te preet baddee an bhaa(n)tee janam maran fir taaniaa ||1||
jugat jaan nahee ridai nivaasee jalat jaal jam fa(n)dh pare ||
bikh fal sa(n)ch bhare mann aaise param purakh prabh mann bisare ||2||
giaan praves gureh dhan deeta dhiaan maan mann ek me ||
prem bhagat maanee sukh jaaniaa tirapat aghaane mukat bhe ||3||
jot samai samaanee jaa kai achhalee prabh pahichaniaa ||
dha(n)nai dhan paiaa dharaneedhar mil jan sa(n)t samaaniaa ||4||1||

Summary: Taking a moment for introspection reveals that our conscience often grows weary when we mistakenly align our identity with our bodies, minds, and material wealth. Although these aspects may seem to offer stability and control, they are inherently unstable: the body ages, the mind can falter, and wealth can vanish overnight. We may have a large house, build a thriving business, garner a reputation, and believe we have reached the pinnacle of success. Yet, an unexpected illness, a contentious dispute, or a financial crisis can swiftly shatter that illusion of security. This reflection uncovers a crucial insight: real stability cannot stem from unreliable foundations. Instead, it emerges from our ability to let go of our dependence on external possessions for our sense of self-worth and identity, enabling us to find genuine peace and fulfilment within ourselves.

bhramat firat bahu janam bilaane tan man dhan nahee dheere ||
As I wander through the many cycles of my existence, I realize that my body, mind, and wealth have not brought me stability. This reflects a loss rooted in ignorance, as the thoughts of the mind, the comforts of the body, and the possession of wealth do not bring fulfilment.

Wallach bikh kaam lubed rate mann bizarre prabh here ||1|| rahaau ||
The contamination of greed, the allure of unbounded desires, and the invaluable mind have all lost touch with all-encompassing awareness. This is a reminder that the lure of illusions disconnects our conscience from our true selves. (1)(Pause)

bikh fal meeTh lage mann baure chaar bichaar na jaaniaa ||

Poisonous fruit tastes sweet; an ignorant, confused mind cannot discern what nourishes it and what harms it. This shows how we can lose sight of true well-being, mistaking fleeting pleasures for lasting happiness.

gun te preet baddee an bhaa(n)tee janam maran fir taaniaa ||1||

Turning away from virtues increases the love for otherworldliness and continues to weave the web of progression and regression. This allurements symbolises the recurring inner cycle that traps the mind in patterns of desire and their consequences.

(1)

jugat jaan nahee ridai nivaasee jalat jaal jam fa(n)dh pare ||

Failing to acquire the understanding that all-pervading awareness resides within causes distress from getting caught in the web of duality. This lack of unity gives rise to fear, insecurity, and divisions that cloud the divine essence that lies within us all.

bikh fal sa(n)ch bhare mann aaise param purakh prabh mann bisare ||2||

Accumulating poisonous fruits and forgetting the supremacy of eternal, omnipresent energy. This symbolises how repeated choices to imbibe toxic attributes lead to the embodiment of negativity as a characteristic. (2)

giaan praves gureh dhan deeta dhiaan maan mann ek me ||

When the insights of wisdom are embodied, they impart a wealth of spiritual knowledge; contemplating them, the mind embraces singularity. This reflects a mindset rooted in the stability of oneness.

prem bhagat maanee sukh jaaniaa tirapat aghaane mukat bhe ||3||

Devotees embrace love by understanding its joys, leading them to contentment and liberation. This indicates that enlightenment begins when the mind stops yearning for every desire and instead rests in the contentment that arises from inner alignment.

(3)

jot samai samaanee jaa kai achhalee prabh pahichaaniaa ||

Those who wholeheartedly embrace equality cannot be swayed and can see the constant presence of divine energy. This symbolises the dissolution of separation and the cherishing of the unity of the same light within and beyond.

dha(n)nai dhan paiaa dharaneedhar mil jan sa(n)t samaaniaa ||4||1||

Dhanna says he has attained the wealth of divinity by recognizing that the omnipresent creator sustains creation and treats the humble and the noble equally. This is the realisation that the entire creation is a manifestation of an undivided, singular source. (4)(1)

Essence: Bhagat Dhanna powerfully points out that we suffer when we are confused about what is beneficial and what is toxic. While desires and attachments may initially seem enticing, they gradually dim the brilliance of our inner peace. He does not dismiss the value of the body or wealth; instead, he challenges the illusion that they can bring lasting fulfilment. When wisdom enters our lives, we gain clarity to embrace the enriching calm found in contemplation, love, and inner stability. As this insight deepens, the relentless cycle of toxicity weakens its hold, allowing the self to experience a fuller, deeper sense of freedom and joy that resides within.

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