

Bhagat Dhanna - Sabad 2
gopaal teraa aarataa ||
Raag Dhanasri, Bhagat Dhanna, Guru Granth Sahib, 695

gopaal teraa aarataa ||
jo jan tumaree bhagat kara(n)te tin ke kaaj savaarataa ||1|| rahaau ||
daal seedhaa maagau gheeu ||
hamaraa khusee karai nit jeeu ||
pan(h)eeaa chhaadan neekaa ||
anaaj magau sat see kaa ||1||
guoo bhais magau laaveree ||
eik taajan turee cha(n)gere ||
ghar kee geehan cha(n)gee ||
jan dha(n)naa levai ma(n)gee ||2||4||

Summary: The law of hierarchical needs posits that our capacity to pursue altruism, our selfless concern for others, is fundamentally tied to our own physiological, financial, and psychological well-being. This fundamental law reveals that we can only perform acts of kindness effectively once our basic needs are met. Life gains its significance not by rejecting basic requirements of sustenance, but by consciously acknowledging them. Without endorsing material greed, it is a call to recognise that our being holds significant value within the grand tapestry of existence. Only when we honour ourselves can we genuinely contribute to the greater good.

Gopal teraa aarataa ||

The entire cosmos is a divine veneration of the omnipresent energy. This claim affirms the oneness of creation and reminds us of our interconnectedness.

jo jan tumaree bhagat kara(n)te tin ke kaaj savaarataa ||1|| rahaau ||

Those devoted to benevolent endeavours, their efforts bear success. This highlights that positive actions lead to meaningful outcomes. (1)(Pause)

daal seedhaa maagau gheeu ||

I seek essential nourishing items like lentils, flour, and ghee. This represents fundamental sustenance, a simple necessity that upholds life without turning survival into greed.

hamaraa khusee karai nit jeeu ||

To maintain a constant state of bliss in my life, this requirement underscores the importance of sufficiency, contentment, and gratitude for a joyful existence.

pan(h)eeaa chhaadan neekaa ||

I seek appropriate footwear and clothing. This need symbolises the essential requirement to walk a path of integrity and to adorn oneself with the garb of sincerity to live a life of dignity.

anaaj magau sat see kaa ||1||

I seek the right amount of grain that truly meets my essential needs. This pursuit nourishes a truthful, meaningful life, not a superficial one consumed by endless, fleeting desires. (1)

guoo bhais magau laaveree ||

I seek a cow and a water buffalo that produce milk; these resources represent any nourishment that supports the overall well-being of mind and body.

eik taajan turee cha(n)geree ||

I seek to own a pedigreed horse. This aspiration represents the pursuit of movement in thoughts to expedite self-improvement and growth.

ghar kee geehan cha(n)gee ||

I seek a suitable spouse; this quest for a harmonious relationship envisions the self and the partner embodying a fulfilling partnership that can sustain a household way of life aligned with spirituality.

jan dha(n)naa levai ma(n)gee ||2||4||

Humble Dhanna says he seeks these necessities to be fulfilled. This reflects the transparent simplicity of a conscience that does not conceal its needs but presents them honestly before the all-pervading presence without pretense or ritualistic performance. (2)(4)

Essence: Bhagat Dhanna, in humility, innocence, and fearlessness, earnestly supplicates the omnipresent awareness to grant him the ability to fulfil his material and spiritual needs so that he can peacefully devote himself to the service of others. His inhibition to seek presents the courage that evokes a spirituality of simplicity that neither glorifies poverty nor encourages greed. It reveals a balanced human longing: enough to live, enough to serve, enough to remain content.

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

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