

Bhagat Jaydev - Sabad 2

**cha(n)d sat bhediaa naad sat pooriaa soor sat khoRasaa datt keeaa ||
Raag Maru, Bhagat Jaydev, Guru Granth Sahib, 1106**

cha(n)d sat bhediaa naad sat pooriaa soor sat khoRasaa datt keeaa ||
abal bal toRiaa achal chal thapiaa aghaR ghaRiaa tahaa apiau peeaa ||1||
mann aad gun aad vakhaaniaa ||
teree dubidhaa dirasaT sa(n)maaniaa ||1|| rahaau ||
aradh kau aradhiaa saradh kau saradhiaa salal kau salal sa(n)maan aaiaa ||
badat jaideau jaydev kau ra(n)miaa braham nirabaan liv leen paiaa ||2||1||

Summary: A steady rhythm of calming awareness establishes a solid inner foundation where reactions soften, and perception sharpens. This tranquillity helps maintain a centred state amidst change, shielding the mind from chaos. Conversely, energizing wisdom introduces purposeful movement into life. It offers insights that guide actions, ensuring that responses are intentional rather than impulsive. These two qualities work together: one calms, while the other activates, enabling full engagement in life while preserving the inner stability that ultimately leads to fulfilment.

cha(n)d sat bhediaa naad sat pooriaa soor sat khoRasaa datt keeaa ||
When truth is inhaled as breath, truth resonates as breath within, and truth is exhaled as breath, creating a repeating rhythm. This reference to the yogic practices of Moon (Chandra) and Sun (Surya) breathing metaphorically expresses the importance of embodying a continuous flow of calming awareness and energising wisdom, which together foster a fulfilling life.

abal bal toRiaa achal chal thapiaa aghaR ghaRiaa tahaa apiau peeaa ||1||
Weakness and strength harmonise; movement and stillness find stability; the formless becomes defined, then I savour the divine nectar of life. This transformation shows that when opposites merge, a deep sense of fulfilment blossoms within us. (1)

mann aad gun aad vakhaaniaa ||
The mind begins to express the primal qualities of existence. This suggests that when clarity deepens, the mind aligns with its original, unconditioned nature rather than learned patterns.

teree dubidhaa dirasaT sa(n)maaniaa ||1|| rahaau ||

Your state of doubt that envisioned duality has ended. This indicates the dissolution of inner division into a unified perspective, where conflict transitions into coherence. (1)(Pause)

aradh kau aradhiaa saradh kau saradhiaa salal kau salal sa(n)maan aaiaa ||

I am devoted to oneness, worthy of devotion. I trust unity worthy of being trusted, like water blending seamlessly with water. This symbolizes complete integration, where distinctions fade, and everything rests in a shared continuity.

badat jaideau jaidev kau ra(n)miaa braham nirabaan liv leen paiaa ||2||1||

Jaidev says that in this immersion in all-pervading oneness, Jaidev has gained awareness that dissolves into a boundless stillness beyond form. This reflects integration, in which individuality gracefully merges into the expansive unity of existence.(2)(1)

Essence: Bhagat Jaidev emphasises that embodying oneness deserves our deepest respect, trust, and connection. By surrendering to this all-encompassing unity, we uncover a profound awareness that goes beyond physical form, leading us to an infinite source of wisdom. This transformative journey reflects integration, where our unique identities harmoniously merge into the vast unity of existence, enhancing our collective experience of life in meaningful ways.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com