

Bhagat Kabir - Sabad 21
jam te ulaT bhe hai raam ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 326

jam te ulaT bhe hai raam ||
dhukh binase sukh keeo bisaraam ||
bairee ulaT bhe hai meetaa ||
saakat ulaT sujan bhe cheetaa ||1||
ab moh sarab kusal kar maaniaa ||
saa(n)t bhiee jab gobidh jaaniaa ||1|| rahaau ||
tan meh hotee koT upaadh ||
aulaT bhiee sukh sahaj samaadh ||
aap pachhaanai aapai aap ||
rog na biaapai teenau taap ||2||
ab man ulaT sanaatan hooaa ||
tab jaaniaa jab jeevat mooaa ||
kahu kabeer sukh sahaj samaavau ||
aap na ddarau na avar ddaraavau ||3||17||

Summary: When conscience awakens to the deeper order of existence, life is no longer divided into favourable and unfavourable experiences. Every experience becomes part of a greater whole. An underlying harmony becomes evident even amid change, challenges, and uncertainty. This realization prevents us from categorizing life as good or bad. Peace arises not because life has become perfect, but because the mind has aligned with the timeless reality that quietly sustains all things, making existence a space for awakening.

jam te ulaT bhe hai raam ||

Turning away from negativity towards the all-pervading presence. This is an inner reversal, the pivotal moment when our conscience detaches from the ego and turns inward, connecting with its eternal essence.

dhukh binase sukh keeo bisaraam ||

Suffering comes to an end, and peace establishes its dwelling. This marks the cessation of inner conflict, leading to an equilibrium arising from the dissolution of ignorance caused by ego manifested through worldly illusions.

Bairee ulaT bhe hai meetaa ||

Enemies have turned around and become allies. This reflects how, with a change in perspective and attitude, what once caused suffering becomes a source of growth and companionship.

Saakat ulaT sujan bhe cheetaa ||1||

The egoistic mind has turned around, and the conscience has awakened to virtuous discernment. This illustrates that when wisdom transforms our external perceptions, it changes the conscience internally. (1)

ab moh sarab kusal kar maaniaa ||

I now see everything as harmonious and embrace it. This acceptance fosters a sense of completeness, bridging the gap between positive and negative experiences.

saa(n)t bhiee jab gobidh jaaniaa ||1|| rahaau ||

Inner tranquillity emerges when the all-pervading sustaining presence is recognised. This highlights that a peaceful state is not a reward but a natural consequence of understanding the reality of unity that has always existed. (1)(Pause)

tan meh hotee koT upaadh ||

The body-mind was filled with innumerable afflictions. This reflects that the mind is often burdened by countless emotions and conditioning that veil its clarity.

aulaT bhiee sukh sahaj samaadh ||

An inner transformation leads to a natural state of peace, tranquillity, and contemplation. This indicates that as the mind turns away from egoistic conditioned patterns, its conflicts naturally dissolve into an effortless harmony.

aap pachhaanai aapai aap ||

The self recognizes itself through its self-reflection. This reflects direct perception, in which conscience no longer depends on external intermediaries and quietly witnesses its own living presence within.

rog na biaapai teenau taap ||2||

Suffering of the three diseases no longer afflicts the inner being. This is an immunity from suffering arising from one's own body and mind, the external world, and forces beyond personal control. (2)

ab man ulaT sanaatan hooaa ||

Now the mind turns back and rests in its timeless nature. This suggests a return to origin, beyond the conditioning of habit, fear, and identity.

tab jaaniaa jab jeevat mooaa ||

It became known only when the constructed self, while still alive, perished. This represents that the greatest transformation is the inward death of illusion, through which authentic freedom, clarity, and wisdom emerge.

kahu kabeer sukh sahaj samaavau ||

Kabir says I have merged into the effortless state of peaceful harmony. This mentions final integration, in which the separate self dissolves into the flow of existence without inner friction.

aap na ddarau na avar ddaraavau ||3||17||

Kabir says, I live without fear and do not become a cause of fear for any being. This inner inversion reaches its ethical fulfilment when the mind is free from duality, allowing its actions to become an unbounded space of stability and oneness. (3)(17)

Essence: Bhagat Kabir powerfully conveys that awakening not only changes our inner selves but also enhances our relationship with the world around us. When our perception is anchored in wisdom, hostility evolves into understanding, and adversity unveils its meaningful lessons. The awakened mind realizes that life's toughest challenges are often its greatest teachers, transforming every struggle into a valuable companion on the path to deeper insight and a sense of liberation.

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