

Bhagat Kabir – Sabad 3
ab moh jalat raam jal paiaa ||
Raag Gauri Guarairee, Bhagat Kabir, Guru Granth Sahib, 323

ab moh jalat raam jal paiaa ||
raam udak tan jalat bujhaiaa ||1|| rahaau ||
mann maaran kaaran ban jaieeaa ||
so jal bin bhagava(n)t na paieeaa ||1||
jeh paavak sur nar hai jaare ||
raam udak jan jalat ubaare ||2||
bhav saagar sukh saagar maahee ||
peev rahe jal nikhuTat naahee ||3||
keh kabeer bhaj saari(n)gapaanee ||
raam udak merree tikhaa bujhaanee ||4||1||

Summary: The concepts of duality and singularity highlight the interconnectedness of all creation. Duality represents the contrasts in our experiences, while singularity calls us to transcend these differences to recognize a deeper unity. By understanding these seemingly opposing forces, we can achieve balance among the diverse energies of existence, appreciating that beneath our differences, we all belong to the same cosmic whole.

ab moh jalat raam jal paiaa ||
The mind, burning in the fire of duality, finds relief in realizing unity.

raam udak tan jalat bujhaiaa ||1|| rahaau ||
The understanding of oneness calms the mind, burning with the pain of duality.
(1)(Pause)

mann maaran kaaran ban jaieeaa ||
To gain control over their mind, some seek isolation and retreat to the wilderness.

so jal bin bhagava(n)t na paieeaa ||1||
Without understanding the interconnectedness of all creation, one cannot recognize the sovereign, all-pervading, omnipresent awareness. (1)

jeh paavak sur nar hai jaare ||
Duality has consumed both the exalted and the mortal beings.

raam udak jan jalat ubaare ||2||

However, the realization of unity has spiritually saved those struggling with duality.
(2)

bhav saagar sukh saagar maahee ||

In the vast and intimidating world-ocean, a serene ocean of peace exists within.

peev rahe jal nikhuTat naahee ||3||

I continuously consume the benefits of unity, but it never finishes, and it never seems to end. (3)

keh kabeer bhaj saari(n)gapaanee ||

Kabir says to contemplate, just as an archer focuses intently on the mark to ensure accuracy in the aim.

raam udak meree tikhaa bujhaanee ||4||1||

The understanding of unity has quenched my spiritual thirst. (4)(1)

Essence: Bhagat Kabir suggests focusing on contemplating unity by directing our thoughts and intentions toward the oneness that connects all beings, likening it to an archer concentrating on the mark to ensure accuracy in their aim. This focused contemplation allows us to transcend the distractions of duality and ego, aiming for a deeper understanding of our shared existence. In this pursuit, we cultivate a sense of purpose and clarity, ultimately aligning ourselves with the greater harmony that permeates the universe.

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

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