

Bhagat Kabir - Sabad 31
gagan rasaal chuaai meree bhaaThee ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 328

gagan rasaal chuaai meree bhaaThee ||
sa(n)ch mahaa ras tan bhiaa kaaThee ||1||
auaa kau kaheeaai sahaj matavaaraa ||
peevat raam ras giaan beechaaraa ||1|| rahaau ||
sahaj kalaalan jau mil aaiee ||
aana(n)dh maate anadhin jaiee ||2||
cheenat cheet nira(n)jan laiaa ||
kahu kabeer tau anabhau paiaa ||3||27||

Summary: Anabhau refers to direct experience, immediate realization, and experiential knowledge that goes beyond conceptual thought. Anabhau is central to the Bhakti tradition; it emphasises direct experience of truth rather than mere intellectual understanding. It endorses a realisation that arises from personal experience and transcends reason, ritual, or inherited beliefs. While intellectual knowledge can describe reality, Anabhau transforms those who encounter it, shifting them from merely knowing about truth to recognising it and becoming inseparable from it. In this way, wisdom is no longer something borrowed, repeated, or believed; it becomes an embodied awareness.

gagan rasaal chuaai meree bhaaThee ||

The sky, symbolising limitless wisdom, trickles an elixir of its essence distally through our conscience. This metaphor suggests that the boundless awareness around us offers the experiential insights we need for transformation.

sa(n)ch mahaa ras tan bhiaa kaaThee ||1||

Gathering that supreme essence, the body itself becomes the vessel and fuel of inner transformation. This reflects that the mind and body are a vessel through which the fire of wisdom refines our perceptions, enabling us to experience oneness. (1)

auaa kau kaheeaai sahaj matavaaraa ||

Such can be called tranquilly intoxicated. This reflects spiritual intoxication, where the mind is not driven by external stimulants but rests in a state of balance fostered by contentment.

peevat raam ras giaan beechaaraa ||1|| rahaau ||

They consume the essence of the all-pervading presence through the wisdom of contemplative knowing and inward discernment. This suggests that realisation is not attained through ritual or blind belief, but through reflective understanding that culminates in awareness. (1)(Pause)

sahaj kalaalan jau mil aaiee ||

When a state of inner balance is attained and embraced as a distiller. This reflects that embracing the practice of living in harmony helps filter our ego, allowing us to experience our true self.

aana(n)dh maate anadhin jaiee ||2||

In a state of blissful ecstasy, the days and nights are passed. This reflects the joy of achieving stability, where external circumstances keep changing but the internal remains peaceful. (2)

cheenat cheet nira(n)jan laiaa ||

Discerning through direct experience, the conscience becomes attuned to the untainted reality. This represents the unconditioned awareness that remains untouched by illusion, and it naturally comes to rest in that timeless truth.

kahu kabeer tau anabhau paiaa ||3||27||

Kabir says only then anbhau, direct inner knowing as experiential truth was attained. This points to the ultimate fruit of awareness, that arises through immediate experience rather than scripture, reasoning, ritual, or inherited belief. (3)(27)

Essence: Bhagat Kabir expresses the joy of attaining inner stability. In this state, despite the ever-changing external circumstances, one's inner peace remains unshaken. This deep inner tranquillity is not dependent on external influences; it emerges from a mind that discovers unwavering harmony within. Such stability comes through personal experience and growth, not by simply accepting inherited beliefs.

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

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