

Bhagat Kabir - Sabad 35
dhei muhaar lagaam pahiraavau ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 329

dhei muhaar lagaam pahiraavau ||
sagal ta jeen gagan dhauraavau ||1||
apanai beechaar asavaaree keejai ||
sahaj kai paavaRai pag dhar leejai ||1|| rahaau ||
chal re baiku(n)Th tujheh le taarau ||
hicheh ta prem kai chaabuk maarau ||2||
kahat kabeer bhale asavaaraa ||
bedh kateb te raheh niraaraa ||3||31||

Summary: Achieving mastery of oneself is possible when our mind learns to focus effortlessly and embraces discipline without becoming rigid. This journey helps us move beyond habitual entanglements and leads us to an inner state of bliss. In this state, we are liberated from internal compulsion and external control, allowing us to experience true personal freedom. As we let go of resistance, our attention sharpens, leading to clearer insights and more purposeful action. This alignment fosters a life that unfolds with the grace and coherence of inner harmony, ultimately bringing about profound fulfilment.

dhei muhaar lagaam pahiraavau ||

It provides a bridle and places reins upon it. This suggests the bridle and reins as discernment and self-awareness, which guide impulses rather than letting them wander unchecked.

sagal ta jeen gagan dhauraavau ||1||

Once it is fully saddled, it races across the sky. This illustrates that when the mind embraces insights, it breaks free from the limitations of ego and revels in the boundless nature of existence. (1)

apanai beechaar asavaaree keejai ||

Through self-reflection and discernment, ride it. This emphasises guiding the mind to self-examination and learning to navigate experiences from within.

sahaj kai paavaRai pag dhar leejai ||1|| rahaau ||

Place the foot upon the stirrup of Sahaj, the state of equilibrium. This symbolizes inner stabilisation, where the mind is guided by inner freedom, indicating that every realisation rests on this inner peace. (1)(Pause)

chal re baiku(n)Th tujheh le taarau ||

Come, I shall lead you toward Baikunth, the realm beyond suffering, to help you transcend. This invitation for the mind suggests moving beyond its habitual entanglements into discernment for an inner state of bliss.

hicheh ta prem kai chaabuk maarau ||2||

If it hesitates, strike it with the whip of love. This form of reprimand endorses love as the universal guiding force that can lead the wandering mind back to harmony. (2)

kahat kabeer bhale asavaaraa ||

Kabir says that such a rider is truly skilled. This suggests mastery of inner coherence, guiding life's journey through awareness fostered by self-reflection.

bedh kateb te raheh niraaraa ||3||31||

It remains distinct from the spiritual scriptures. This statement does not reject scripture; it points beyond confinement in textual discrimination or doctrine, allowing their wisdom to flow from experience and inner clarity. (3)(31)

Essence: Bhagat Kabir exemplifies the transformative journey toward inner peace. By freeing ourselves from dogma, we can move beyond rigid beliefs and mere scriptural knowledge. Scriptures offer wisdom that can guide us toward truth, but transformation occurs only when the conscience awakens to treat them not as objects to be revered, but as truths to be embodied. As the mind embraces these insights, it breaks free from the ego's limitations, becoming fluid and dynamic, and revelling in the vast possibilities of existence.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com