

Bhagat Kabir - Sabad 37
aape paavak aape pavanaa ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 329

aape paavak aape pavanaa ||
jaarai khasam ta raakhai kavanaa ||1||
raam japat tan jar kee na jai ||
raam naam chit rahiaa samai ||1|| rahaau ||
kaa ko jarai kaeh hoi haan ||
naT vaT khelai saarigapaan ||2||
kahu kabeer akhar dhui bhaakh ||
hoigaa khasam ta leigaa raakh ||3||33||

Summary: Trusting in the timeless laws of nature fosters inner stability that remains unshaken by life's ups and downs. It acknowledges that change, consequences, growth, and decline are integral to the human experience, and that no external situation is permanent. A mind connected to this deeper understanding remains humble in success and resilient in adversity, viewing both as fleeting moments rather than reflections of self-worth. For example, when a valued opportunity slips away, this trust safeguards against despair, empowering the mind to respond with patience, clarity, and a fresh sense of purpose. Stability then arises not from controlling life, but from trusting the larger order within which life continually unfolds.

aape paavak aape pavanaa ||

It itself is the fire and itself the wind. This indicates the unity underlying all apparent diversity, where the elements that create, sustain, and dissolve life arise from the same inexhaustible source.

jaarai khasam ta raakhai kavanaa ||1||

If the governing reality itself disintegrates it, who can preserve it? This illustrates the futility of resisting what is fundamental to the laws of the universe, whether it pertains to the end of a specific phase of life or the physical body. (1)

raam japat tan jar kee na jai ||

Immersed in contemplative awareness of the universal reality, the loss of the physical body holds no significance. This illustrates inner resilience anchored in the laws of existence, remaining undisturbed by life's inevitable changes.

raam naam chit rahiaa samai ||1|| rahaau ||

Conscience remains absorbed in contemplative awareness of the all-pervading presence. This state reflects a mind which is no longer merely thinking about universal reality but is immersed in it. (1)(Pause)

kaa ko jarai kaeh hoi haan ||

What truly burns, and to whom does any loss occur? This suggests that loss arises from the ego's limited perspective, while gratitude sees disintegration as a vital transformation within the flow of existence.

naT vaT khelai saarigapaan ||2||

The all-pervading sustaining reality, the master performer, performs many acts. This suggests that the entire universe unfolds as a dynamic expression of one underlying reality, much like a master actor assuming countless roles without ever losing its innate self. (2)

kahu kabeer akhar dhui bhaakh ||

Kabir says, utter the two syllables. This encourages one to let all thoughts, words, and actions emerge from the essence of omnipresent unity rather than egoistic duality.

hoigaa khasam ta leigaa raakh ||3||33||

If the universal principle is embodied, it will provide protection. This confidence in the laws of nature fosters stability that remains unshaken by gain or loss. (3)(33)

Essence: Bhagat Kabir describes the simplest path to enlightenment as allowing all thoughts, words, and actions to arise from the essence of omnipresent unity rather than from egoistic duality. This approach draws the entire being into awareness. Just as an actor is not limited to a single character, the underlying reality is not confined by the forms through which it becomes visible. It assumes countless roles without ever losing its innate purity.

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

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