

**Bhagat Kabir - Sabad 40**  
**ab mo kau bhe raajaa raam sahaiee ||**  
**Raag Gauri Bhee Sorath Bhee, Bhagat Kabir, Guru Granth Sahib, 331**

ab mo kau bhe raajaa raam sahaiee ||  
janam maran kaT param gat paiee ||1|| rahaau ||  
saadhoo sa(n)gat dheeo ralai ||  
pa(n)ch dhoot te leeo chhaddai ||  
a(n)mirat naam japau jap rasanaa ||  
amol dhaas kar leeno apanaa ||1||  
satigur keeno paraupakaar ||  
kaadd leen saagar sa(n)saar ||  
charan kamal siau laagee preet ||  
gobi(n)dh basai nitaa nit cheet ||2||  
maiaa tapat bujhiaa a(n)giaar ||  
man sa(n)tokh naam aadhaar ||  
jal thal poor rahe prabh suaamee ||  
jat pekhau tat a(n)tarajaamee ||3||  
apanee bhagat aap hee dhiraRaiee ||  
poorab likhat miliaa mere bhaiee ||  
jis kirapaa kare tis pooran saaj ||  
kabeer ko suaamee gareeb nivaaj ||4||40||

**Summary:** Inward trust is the state in which awareness ceases to seek certainty from changing circumstances and begins to rest in the depth of being itself. As nectar-like contemplation shapes thought, speech, and perception, the mind's restless monologue gradually loses its hold. Fear, comparison, and the need for reassurance give way to a quieter inner coherence. Tranquillity arises as consciousness discovers a sustaining ground deeper than uncertainty. What was once an anxious search for support becomes an intimate recognition that the source of steadiness has always been within.

ab mo kau bhe raajaa raam sahaiee ||

Now the sovereign all-pervading reality has become my sustaining support. This suggests an inward trust, where awareness no longer leans on external guarantees but in inner depth that sustains life.

janam maran kaT param gat paiee ||1|| rahaau ||

By overcoming the fear of birth and death, one can reach a higher state of awareness. This highlights that letting go of fears, doubts, and uncertainties that lead to

insecurity can greatly improve our experiences and shape more mindful perceptions.  
(1)(Pause)

saadhoo sa(n)gat dheeo ralai ||

When I mingled in the company of the inwardly attuned. This suggests that transformation begins with a consistent presence of truth, insight, and reflective understanding.

pa(n)ch dhoot te leeo chhaddai ||

I was released from the five adversaries. This reflects inner detoxification, where conscience matures through the companionship of wisdom and loosens its hold on the five inner adversaries: unrestrained desires, anger, greed, attachment, and ego.

a(n)mirat naam japau jap rasanaa ||

Let the nectar-like contemplation continually dwell in our expressions. This suggests a change of internal narrative, where the mind's restless monologue is replaced by tranquillity.

amol dhaas kar leeno apanaa ||1||

I made it as a priceless servant. This reflects a mindset that has incorporated self-reflection as a constant helper to support mindfulness. (1)

satigur keeno paraupakaar ||

Truthful insights have done a great kindness. This highlights that embodying wisdom can provide inner clarity, which benefits overall wellbeing.

kaadd leen saagar sa(n)saar ||

I was drawn out from the ocean of the illusory world. This reflects symbolizes a liberation from duality, where contemplation fosters an internal spaciousness that empowers us to transcend our limitations.

charan kamal siao laagee preet ||

Heartfelt devotion to the grounding inner purity has arisen. This reflects a shift to an inner transformation where attention is focused on appreciation for truth, clarity, and virtues.

gobi(n)dh basai nitaa nit cheet ||2||

Gobind, the all-pervading reality, continually abides in conscious awareness. This indicates that through sustained love for wisdom and inner grounding, awareness comes to rest naturally in the ever-present reality that permeates all existence. (2)

maiaa tapat bujhiaa a(n)giaar ||

The burning ember of illusory desires has been extinguished. This marks the end of our relentless pursuit of hollow cravings that once overwhelmed us, allowing us to embrace deeper spiritual truths.

man sa(n)tokh naam aadhaar ||

Contentment has settled in the mind, with contemplation as the support. This reflects self-sufficiency, where attention does not waver, restlessly seeking fulfilment outside, because its focus has shifted to the sustaining truth within.

jal thal poor rahe prabh suaamee ||

In water and land, the sovereign omnipresent presence permeates everything. This reflects a panentheistic vision, where inner peace recognizes the same living presence through every element.

jat pekhau tat a(n)tarajaamee ||3||

Wherever I look, there is the inner-knower, the consciousness. This awareness dissolves separation and allows us to grasp the essence of all forms, connecting us beyond external judgments. (3)

apanee bhagat aap hee dhiraRaiee ||

Devotion of its own accord is steadied from within itself. This suggests that inner transformation is not forced, generated, and sustained by the deeper truth already moving within our conscience.

poorab likhat miliaa mere bhaiee ||

What was established before has now been met, O sibling. This shows that inner clarity is not a matter of luck; it is cultivated through dedication and intention.

jis kirapaa kare tis pooran saaj ||

Whoever receives inner kindness establishes wholeness. This implies that grace is not a distant reward but involves receptivity, wisdom, steadiness, and inner alignment toward its own fulfilment.

kabeer ko suaamee gareeb nivaaj ||4||40||

Kabir says his master is the omnipresent awareness, which cherishes humility. This reflects laws of nature, where universal energy flows most freely into the space emptied of ego and duality. (4)(40)

**Essence:** Bhagat Kabir reveals a vital truth often overlooked: true understanding of existence stems from humility that nurtures the conscience. While status and power may impress, they can't provide genuine stability. Embracing learning, compassion, and truth frees us from pride's burden. In this openness lies a strength that doesn't dominate, a dignity free from comparison, and a peace independent of validation. What the ego sees as weakness can become the foundation for wisdom and genuine resilience.

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

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