

Bhagat Kabir - Sabad 45
aulaTat pavan chakar khaT bhedhe surat su(n)n anaraagee ||
Raag Gauri Bairagan, Bhagat Kabir, Guru Granth Sahib, 333

aulaTat pavan chakar khaT bhedhe surat su(n)n anaraagee ||
aavai na jai marai na jeevai taas khoj bairaagee ||1||
mere man man hee ulaT samaanaa ||
gur parasaadh akal bhiee avarai naatar thaa begaanaa ||1|| rahaau ||
nivarai dhoor dhoor fun nivarai jin jaisaa kar maaniaa ||
alautee kaa jaise bhiaa bareddaa jin peeaa tin jaaniaa ||2||
teree niragun kathaa kai siau kaheeeai aaisaa koi bibekee ||
kahu kabeer jin dheetaa paleetaa tin taisee jhal dhekhee ||3||3||47||

Summary: *Bairaag* derives from the Sanskrit term *vairaagya*, combining "vi", meaning "free from", and "raga", meaning "attachment". This concept embodies freedom from attachment rather than withdrawal from life itself. A *Bairaagee* represents an individual with inner spaciousness that allows full engagement with the world without being consumed by its fleeting nature. *Bairaag* is not about giving up on life; it's about navigating it with clarity, compassion, and true freedom. By embracing *Bairaag* and striving to become a *Bairaagee*, we can empower ourselves to seek what is constant in an ever-changing world.

aulaTat pavan chakar khaT bhedhe surat su(n)n anaraagee ||

By directing their life force inward, individuals can tap into the body's six energy centres, where attention is absorbed in stillness, allowing them to enter a state of detachment. This yogic practice is a metaphor for an inward transformation into a calm conscience, unattached to worldly objects, rather than prescribing a physical technique.

aavai na jai marai na jeevai taas khoj bairaagee ||1||

What neither comes nor goes, neither dies nor lives; seek that reality, O detached one. This represents a state of *Bairāg*, not as withdrawal from life but as freedom from attachment, enabling conscience to inquire into what remains constant amidst continual change. (1)

mere man man hee ulaT samaanaa ||

As my mind turned inward, it became engaged with its own essence. This shift marks a profound change in perspective, allowing the mind to move away from external distractions and merge with innate universal consciousness.

gur parasaadh akal bhiee avarai naatar thaa begaanaa ||1|| rahaau ||

Through the grace of wisdom, understanding has been transformed; otherwise, discernment would remain elusive. This reflects a profound cognitive shift, where inner clarity alters perception, allowing the self to reconnect with its own stillness, source, and non-dual nature. (1)(Pause)

nivarai dhoor dhoor fun nivarai jin jaisaa kar maaniaa ||

That which was near but perceived as distant and far can again become close, depending on the understanding. This implies that the essence of reality is always near us; our mind's interpretation creates the feeling of distance.

alautee kaa jaise bhiaa bareddaa jin peeaa tin jaaniaa ||2||

Like the taste of the syrup made of sugar candy, only those who drink it truly know it. This points to the distinction between knowing about truth and knowing through truth; genuine understanding is experiential, arising from lived awareness rather than borrowed ideas. (2)

teree niragun kathaa kai siau kaheeaai aaisaa koi bibekee ||

How can the description of your *nirgun*, the attribute-less presence, be spoken, and is there anyone free from attachments to grasp it? This reflects that truth becomes meaningful and understandable only to those who are prepared to seek it with inquiry, humility, and experience.

kahu kabeer jin dheetaa paleetaa tin taisee jhal dhekhee ||3||3||47||

Kabir says that the one who has lit the lamp sees the flame accordingly. This points to the spark of insight that appears only when one lights the lamp from within. (3)(3)(47)

Essence: Bhagat Kabir highlights that truth is grasped by those who seek it with inquiry, humility, and personal experience. Our distance from truth stems from individual perceptions and interpretations of the world, shaped by our understanding. As awareness grows, the barriers of ego and attachment fade, revealing a fundamental unity. This insight arises when our inner light clarifies our perception, helping us transcend inherited beliefs. In this way, truth becomes a living reality that deeply influences every seeker.

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