

Bhagat Kabir – Sabad 472
chi(n)taa bh aap karaisee achi(n)t bh aape dheh ||
Salok, Guru Amardas, Guru Granth Sahib, 1376

chi(n)taa bh aap karaisee achi(n)t bh aape dheh ||
naanak so saalaahēēai j sabhānā saar kareī ||220||

Summary: A state of worrying and a state of being carefree both come from the same inner space, but their origins differ significantly. When fear and doubt cloud our intentions, we can easily spiral into anxiety over imagined problems. In contrast, embracing life with trust and clarity creates a mental environment filled with freedom and ease. This insight highlights that our sense of peace or suffering is shaped more by our mindset and responses than by external circumstances, as we hold the power to transform our experiences through our choices.

chi(n)taa bh aap karaisee achi(n)t bh aape dheh ||
Worry also arises from within, and carefreeness, too, is also provided from within. This suggests that our intent determines our state of mind, whether positive or negative.

naanak so saalaahēēai j sabhānā saar kareī ||220||
Nanak says that the one who nurtures everything alone deserves praise and appreciation. This highlights the all-encompassing awareness that shapes our perspective and sustains positivity.

Essence: Guru Amardas and Bhagat Kabir present divinity as an omnipresent energy that sustains all life. This perspective highlights our shared oneness, shaping our understanding of the world and fostering positivity. By embracing this energy, we cultivate gratitude for life and strengthen our connections with all beings.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com