

Bhagat Kabir – Sabad 5
ahinis ek naam jo jaage ||
Raag Gauri Guarairee, Bhagat Kabir, Guru Granth Sahib, 330

ahinis ek naam jo jaage ||
ketak sidh bhe liv laage ||1|| rahaau ||
saadhak sidh sagal mun haare ||
ek naam kalip tar taare ||1||
jo har hare su hoh na aanaa ||
keh kabeer raam naam pachhaanaa ||2||37||

Summary: The belief in a single energy that manifests in various forms is a fundamental principle in spiritual traditions. As individuals deepen their understanding of this concept, they recognize the universal connection unifying all creation. By aligning with this awareness, they can cultivate a sense of unity with the universe; such individuals live authentically and can be regarded as enlightened beings.

ahinis ek naam jo jaage ||
Those who consistently practice Oneness become spiritually awakened.

ketak sidh bhe liv laage ||1|| rahaau ||
Many of them become enlightened and attuned to their consciousness. (1)(Pause)

saadhak sidh sagal mun haare ||
Despite practicing austerities, performing miracles, remaining ascetics, and observing silence, many adepts fail in achievement.

ek naam kalip tar taare ||1||
For those who sincerely seek unity, their wish is granted, and they experience liberation. (1)

jo har hare su hoh na aanaa ||
Those who embrace unity in diversity flourish and no longer seek anything else.

keh kabeer raam naam pachhaanaa ||2||37||
Kabir says aspire to recognize the omnipresence of the unseen, all-pervading energy in existence. (2)(37)

Essence: Bhagat Kabir urges us to develop the ability to recognize the singular energy that flows through all beings. He notes that many adepts, despite engaging in ritualistic practices, often miss the mark in their spiritual pursuits. True realization comes from looking beyond superficial differences and connecting with the unity of all creation.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com