

Bhagat Kabir - Sabad 50
naa mai jog dhiaan chit laiaa ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 329

naa mai jog dhiaan chit laiaa ||
bin bairaag na chhooTas maiaa ||1||
kaise jeevan hoi hamaaraa ||
jab na hoi raam naam adhaaraa ||1|| rahaau ||
kahu kabeer khojau asamaan ||
raam samaan na dhekhau aan ||2||34||

Summary: Existential inquiry begins when the mind moves beyond the pursuit of survival and achievement and starts to explore what truly makes life worthy. The question is no longer how to live, but how to live in a way that brings depth to oneself and benevolence to the world. Such inquiry turns the mind inward, examining the motives, attachments, and assumptions that quietly shape our choices. Meaning then emerges through alignment between understanding, conscience, and action, while benevolence arises from recognizing that individual well-being is inseparable from the well-being of others. A fulfilled life is therefore measured by the quality of awareness it embodies and the harmony it contributes to the larger fabric of existence.

naa mai jog dhiaan chit laiaa ||

I did not focus my conscience on spiritual, physical, and mental practices or contemplation. This reflects an honest recognition of one's inner state.

bin bairaag na chhooTas maiaa ||1||

Without inner detachment, the hold of illusion does not loosen. This indicates that freedom begins through *bairaag* an inner freedom from compulsive attachment. (1)

kaise jeevan hoi hamaaraa ||

What kind of life will I have? This raises an existential question: how can we create a life that is both meaningful and benevolent?

jab na hoi raam naam adhaaraa ||1|| rahaau ||

When contemplation of the all-pervading awareness is not the foundation. This indicates that when a life is built solely upon external achievements, identities, or possessions, it lacks the stability needed for lasting fulfilment. (1)(Pause)

kahu kabeer khojau asamaan ||

Kabir says, I have searched across the vast expanse of human seeking. This illustrates a dedicated seeker who has diligently explored every path of inquiry to understand the essence of existence.

raam samaan na dhekhau aan ||2||34||

I see nothing equal to the all-pervading oneness. This reveals that after profound inquiry, the seeker recognises that nothing compares to embodying unity through self-reflection. (2)(34)

Essence: Bhagat Kabir embarks on a journey through inner awareness, exploring the deepest layers of existence. He says a seeker may explore many paths and philosophies in search of life's essence, but depth ultimately leads inward, addressing questions through personal awareness rather than just ideas. Through this introspection, the seeker discovers that unity goes beyond understanding; it becomes a way of seeing and being. As this realization deepens, the quest for truth becomes the embodiment of truth itself.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com