

Bhagat Kabir - Sabad 51
jeh sir rach rach baadhat paag ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 330

jeh sir rach rach baadhat paag ||
so sir chu(n)ch savaareh kaag ||1||
eis tan dhan ko kiaa garabieeaa ||
raam naam kaahe na dhiraR(h)eeaa ||1|| rahaau ||
kahat kabeer sunahu man mere ||
eihee havaal hohige tere ||2||35||

Summary: Our most profound conversations occur in the quiet space of our conscience, where the mind engages with itself honestly. This process encourages us to reflect and practice mindfulness, shifting our focus away from the external noise created by fear, attachment, and preconceived notions that shape our inner world. In this attentive stillness, wisdom arises, fostering the humility necessary to uncover hidden truths. Such openness provides clarity amid confusion and stability in times of uncertainty. Therefore, inner awakening begins with the simple yet significant act of becoming fully aware of what is happening within us.

jeh sir rach rach baadhat paag ||

The head, on which the turban is repeatedly arranged with great care. This suggests how external appearance, identity, social prestige, and a curated image construct the ego.

so sir chu(n)ch savaareh kaag ||1||

This same head, in the end, is pecked by the beaks of crows. This illustrates how the laws of nature eventually ground us, dismantling the false pride our ego naively clings to. (1)

eis tan dhan ko kiaa garabieeaa ||

Why take pride in the body and material wealth? This highlights the fragility of self-importance, which depends on temporary conditions and physical forms that cannot endure.

raam naam kaahe na dhiraR(h)eeaa ||1|| rahaau ||

Why not firmly establish contemplative awareness of the all-pervading reality within? This prompts us to find stability through self-reflection rather than seeking it externally. (1)(Pause)

kahat kabeer sunahu man mere ||

Kabir says, listen carefully, O my mind. This is a call for introspection and self-awareness towards mental clarity and peace.

eihee havaal hohige tere ||2||35||

This same impermanence will also become your fate. This embodies the universal truth of mortality, compelling the mind to transcend pride before all external identities fade away. (2)(35)

Essence: Bhagat Kabir encourages us to look inward and practice mindfulness. True understanding emerges when we silence our inner noise. Awareness grows through sincere self-observation, not external distractions. As we embrace stillness, wisdom becomes clear, and humility allows hidden truths to surface. This openness brings clarity to confusion and steadiness in uncertainty. Inner awakening starts with the simple act of becoming genuinely attentive.

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

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