

Bhagat Kabir - Sabad 54
teh paavas si(n)dh dhoop nahee chhaheehaa teh utapat paralau naahee ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 333

teh paavas si(n)dh dhoop nahee chhaheehaa teh utapat paralau naahee ||
jeevan mrit na dhukh sukh biaapai su(n)n samaadh dhouoo teh naahee ||1||
sahaj kee akath kathaa hai niraaree ||
tul nahee chaddai jai na mukaatee halukee lagai na bhaaree ||1|| rahaau ||
aradh uradh dhouoo teh naahee raat dhinas teh naahee ||
jal nahee pavan paavak fun naahee satigur tahaa samaahee ||2||
agam agochar rahai nira(n)tar gur kirapaa te laheehai ||
kahu kabeer bal jaau gur apune satasa(n)gat mil raheehai ||3||4||48||

Summary: A profound facet of universal awareness beyond duality arises when we recognise the illusions that split reality into opposites, such as pleasure and pain or self and other. While these distinctions help us navigate life, they hide the true essence of existence. As we unravel our conditioned perceptions, we discover a seamless continuity from which all opposites emerge and fade. What seemed separate transforms into diverse expressions of a singular reality. By transcending duality, we shift our perspective, embrace wholeness, and live beyond distinctions.

teh paavas si(n)dh dhoop nahee chhaheehaa teh utapat paralau naahee ||
In that state, there is neither rainy season nor ocean, neither sunlight nor shadow, and neither arising nor dissolution. This suggests an aspect of awareness beyond all discriminations, where perception is not based on duality.

jeevan mrit na dhukh sukh biaapai su(n)n samaadh dhouoo teh naahee ||1||
There, neither life nor death, pain nor pleasure prevail; void-like silence nor inward equipoise are present. This reflects a state beyond spiritual attainments, in which no experience or condition can influence or contain the purity of being. (1)

sahaj kee akath kathaa hai niraaree ||
The indescribable account of effortless inner balance is unique. This indicates Sahaj, the natural ease of abiding in underlying unity, where the conscience no longer struggles to become something and rests in the wholeness of what is.

tul nahee chaddai jai na mukaatee halukee lagai na bhaaree ||1|| rahaau ||
It cannot be placed upon a scale to be measured, and cannot be known as light or heavy. This suggests a state beyond measure and fluctuation, where comparison no longer defines experience. (1)(Pause)

aradh uradh dhouoo teh naahee raat dhinas teh naahee ||

There is neither lower nor higher, and neither night nor day in that state. This reflects a dimension beyond spatial hierarchy and temporal division, where awareness highlights an undivided present.

jal nahee pavan paavak fun naahee satigur tahaa samaahee ||2||

There is no water, wind, or fire there, and truthful insights of wisdom are absorbed within that state. This points to a reality beyond elemental existence, where everything in creation is no longer separate but one with the field of consciousness itself. (2)

agam agochar rahai nira(n)tar gur kirapaa te laheeaai ||

The unapproachable and imperceptible presence abides continuously and is realized through wisdom-born self-grace. This shows that what lies beyond the senses is not reached by force; it becomes evident when the conscience softens into receptivity.

kahu kabeer bal jaau gur apune satasa(n)gat mil raheeaai ||3||4||48||

Kabir says he has deep gratitude for his experiential insights and the company of the truthful, through which he abides in truth. This acknowledgement is of gaining positive insights that keep the conscience anchored in the unity of existence. (3)(4)(48)

Essence: Bhagat Kabir expresses that gratitude, born of personal experience and the company of truth-seekers, goes beyond mere intellectual understanding and becomes a lived reality. This kind of gratitude fosters a contemplative mindset that refines our thoughts, turning truth from a concept into a way of life. These deeper dimensions, which extend beyond ordinary perception, cannot be attained through force or desire; they emerge through receptivity and humility, opening our minds and aligning us with a greater understanding.

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