

Bhagat Kabir - Sabad 66
raam japau jeea aaise aaise ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 337

raam japau jeea aaise aaise ||
dhraoo prahilaadh japio har jaise ||1||
dheen dhiaal bharose tere ||
sabh paravaar chaRaiaa beRe ||1|| rahaau ||
jaa tis bhaavai taa hukam manaavai ||
eis beRe kau paar laghaavai ||2||
gur parasaadh aisee budh samaanee ||
chook gee fir aavan jaanee ||3||
kahu kabeer bhaj saarigapaanee ||
auravaar paar sabh eko dhaanee ||4||2||10||61||

Summary: When every realm of our existence is carried through humility and trust, it reflects an inner reliance on the laws of nature with external effort, allowing the need for egoic control to fade. As resistance diminishes, we no longer approach life with constant anticipation, fear, or a demand to control outcomes. Acceptance creates space for clearer perception and insight, then moves beyond intellectual understanding to shape our responses, choices, and way of being. Trust becomes less about believing in what may happen and more about remaining inwardly steady through what does happen. In this steadiness, uncertainty loses some of its power to disturb, making us more receptive to the natural movement of change, and this understanding becomes inseparable from the way life is lived.

raam japau jeea aaise aaise ||
Contemplate the all-pervading presence in such a way, with depth and constancy. This encourages a steady rhythm of contemplation that anchors our attention, even as circumstances shift around us.

dhraoo prahilaadh japio har jaise ||1||
As Dhru, the steadfast seeker, and Prahlad, the unwavering devotee, held Hari, the all-pervading presence, in uninterrupted remembrance. This reference to the revered invites us to nurture these qualities until they become intrinsic to who we are. (1)

dheen dhiaal bharose tere ||
O compassionate, all-sustaining awareness, I place my trust in you. This trust reflects an inner reliance and faith in the laws of nature, allowing egoic control to diminish and insights to be embodied.

sabh paravaar chaRaiaa beRe ||1|| rahaau ||

The entire existence, as a family, is then enlightened. This reinforces the idea of universal benevolence that transforming one aspect of life inspires change in the next. (1)(Pause)

jaa tis bhaavai taa hukam manaavai ||

When our conscience is aligned, the cosmic order is accepted. This points to acceptance itself as a movement of universal order, where resisting life's larger flow softens and begins to live with inner coherence.

eis beRe kau paar laghaavai ||2||

Through this acceptance, the journey of life is transcended. This reflects that when universal laws are respected, they help create an environment that nurtures growth, harmony, and fulfilment. (2).

gur parasaadh aisee budh samaanee ||

Through the grace of spiritual insights, such understanding settles deeply within the mind. This shows that when wisdom in philosophy is embodied, it creates enduring perspectives rather than merely reaching an intellectual conclusion.

chook giee fir aavan jaanee ||3||

The cycle of coming and going ends. This cessation frees the mind from the repetitive patterns that bind the conscience with doubt and insecurity. (3)

kahu kabeer bhaj saarigapaanee ||

Kabir says to contemplate the universal source of existence. This advice is to be inquisitive, to inquire and understand the essence that arises, the whole field of life.

auravaar paar sabh eko dhaanee ||4||2||10||61||

On this shore and beyond it, the same energy is the provider. This recognition of oneness as a lived experience fosters gratitude for everything and everyone around us. (4)(2)(10)(61)

Essence: Bhagat Kabir invites us to recognize a singular essence that flows through us. Recognition of oneness as a lived experience deepens gratitude for everything and everyone around us. Nature, relationships, and even ordinary moments are then no longer seen as isolated from our own existence. Gratitude then becomes more than appreciation for what we receive; it becomes an awareness of how deeply

interconnected life is. This recognition reduces entitlement and strengthens humility and broader acceptance when we recognise the same underlying essence in others.

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