

Bhagat Kabir - Sabad 69
pa(n)th nihaarai kaamanee lochan bharee le usaasaa ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 337

pa(n)th nihaarai kaamanee lochan bharee le usaasaa ||
aur na bheejai pag naa khisai har dharasan kee aasaa ||1||
auddahu na kaagaa kaare ||
beg mileejai apune raam piaare ||1|| rahaau ||
keh kabeer jeevan padh kaaran har kee bhagat kareejai ||
ek aadhaar naam naarain rasanaa raam raveejai ||2||1||14||65||

Summary: Spiritual maturity develops when we shift our focus from seeking certainty in our circumstances to embracing the understanding that uncertainty is a natural part of life. This shift lets us focus on the qualities that foster lasting fulfilment. Instead of viewing the unknown as a source of fear, we can see it as a valuable reminder of the limits of our control in the face of the universal order. As we let go of our attachment to predictability, material possessions, and specific outcomes, we discover a new sense of security from within. This inner strength is nurtured by connecting with the guiding energy that supports every transition, helping us stay resilient through change. Life then becomes less about struggling to cling to what is temporary and more about actively participating in the oneness of our ongoing journey.

pa(n)th nihaarai kaamanee lochan bharee le usaasaa ||
A longing seeker seeks the path with tear-filled eyes and deep sighs. This conveys a sincere yearning for a meaningful life anchored in purpose and truthfulness.

aur na bheejai pag naa khisai har dharasan kee aasaa ||1||
Nothing else satisfies, and the feet do not turn away from the hope of experiencing inward vision of oneness. This indicates a need for spiritual or existential fulfilment, as an essential experience for one's overall sense of purpose or contentment. (1)

auddahu na kaagaa kaare ||
Fly away, O black crow. This imagery evokes distracting or foreboding thoughts that loom in our minds.

beg mileejai apune raam piaare ||1|| rahaau ||
Without delay, may I meet my all-pervading beloved awareness. This expresses a deep need for distractions to fade and for reconnection with innate equilibrium.
(1)(Pause)

keh kabeer jeevan padh kaaran har kee bhagat kareejai ||

Kabir says that for attaining a state of awakened life, one should be devoted to oneness. This means that conscious living and reflecting on our internal and external experiences help us understand their interconnectedness, leading to a sense of wholeness.

ek aadhaar naam naarain rasanaa raam raveejai ||2||1||14||65||

The singular support is recognising and remembering the cosmic order, where expressions remain absorbed in resonance with oneness. This spiritual maturity shifts from merely existing amid the insecurities of the unknown to embracing the understanding that uncertainty is a natural part of life. (2)(1)(14)(65)

Essence: Bhagat Kabir longs for the troubling thoughts of duality in his mind to fade away so he can rediscover the profound peace rooted in unity. This inner disturbance, fueled by fear, uncertainty, anticipation, and the notion of identity, pulls the mind away from its true centre. Hence, he yearns for liberation from the constant noise that clouds one's perception of reality, rekindling the connection with the unwavering wholeness that persists, even as thoughts and circumstances shift around us.

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

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