

Bhagat Kabir – Sabad 7
jab ham eko ek kar jaaniaa ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 324

jab ham eko ek kar jaaniaa ||
tab logeh kaahe dukh maaniaa ||1||
ham apateh apunee pat khoiee ||
hamarai khoj parahu mat koiee ||1|| rahaau ||
ham ma(n)de ma(n)de mann maahee ||
saajh paat kaahoo siau naahee ||2||
pat apat taa kee nahee laaj ||
tab jaanahuge jab ugharaigo paaj ||3||
kahu kabeer pat har parvaan ||
sarab tiaag bhaj keval raam ||4||3||

Summary: Relying solely on mentors to navigate your life can limit your spiritual growth and potential. To truly flourish, it's crucial to understand your inherent values, lived experiences, and philosophical insights, as they guide you in your decisions and actions. The journey to discovering your authentic self involves self-exploration, where you embrace your strengths, weaknesses, and circumstances. Accepting your facets is vital to carving your chosen spiritual path to embrace your true self.

jab ham eko ek kar jaaniaa ||
Since I have realized there is One and only One all-pervading awareness,

tab logeh kaahe dukh maaniaa ||1||
Why have people been unhappy? This indicates that societal and personal conditioning often obscures the understanding of interconnectedness, leading to unhappiness. (1)

ham apateh apunee pat khoiee ||
On my account, I have forfeited my respect, illustrating the determination to inspire change and pragmatic thinking that bridges tradition and progress.

hamarai khoj parahu mat koiee ||1|| rahaau ||
No one should trace or follow me. This highlights that one must carve one's way, discovering one's truths and individuality without replicating someone else's journey. (1)(Pause)

ham ma(n)de ma(n)de mann maahee ||

I am inferior as I have a negative mindset, recognizing that intentions reflect one's character.

saajh paat kaahoo siao naahee ||2||

I hold no attachment or admiration for anything, embodying the freedom that comes from releasing our ties to identities. (2)

pat apat taa kee nahee laaj ||

I hold no shame concerning concepts of honor or dishonor. Representing rising above the judgment of respect and disrespect.

tab jaanahuge jab ugharaigo paaj ||3||

Genuine understanding emerges when we peel away the deceptive layers. (3)

kahu kabeer pat har parvaan ||

Kabir says that true honor comes from recognizing and embracing the unity of all creation.

sarab tiaag bhaj keval raam ||4||3||

Let go of everything and immerse yourself in contemplating the all-pervading awareness that connects us all. (4)(3)

Essence: Bhagat Kabir believes attachments can manifest as inflexibility, obsessions, or fixations. Letting go is a spiritual process that involves releasing or reducing our attachment to outcomes, desires, and expectations. This process means shifting our identity from the ego-self to the formless, all-pervading awareness that embodies and sustains all beings. A self-realized individual no longer identifies with the body, mind, or intellect and recognizes no separation between themselves and the various forms of nature. Mystics often refer to this state as united consciousness or liberation.

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