

Bhagat Kabir - Sabad 71

**man re chhaaddahu bharam pragaT hoi naachahu iaa maiaa keddaa(n)dde ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 338**

man re chhaaddahu bharam pragaT hoi naachahu iaa maiaa ke ddaa(n)dde ||
soor k sanamukh ran te ddarapai satee k saa(n)chai bhaa(n)dde ||1||
ddagamag chhaadd re man bauraa ||
ab tau jare mare sidh paieeaaai leeno haath sa(n)dhauraa ||1|| rahaau ||
kaam karodh maiaa ke leene iaa bidh jagat bigootaa ||
keh kabeer raajaa raam na chhoddau sagal uooch te uoochaa ||2||2||17||68||

Summary: Courage emerges through the willingness to face our attachments and shortcomings with complete honesty and awareness. As we reflect clearly on our weaknesses, we diminish their grip on us, enabling us to notice our impulses rather than merely act on them. Thus, courage signifies the shift from unconscious reactions to conscious freedom, where clarity can truly guide our actions. This path fosters stability in our thoughts for personal growth and empowerment.

man re chhaaddahu bharam pragaT hoi naachahu iaa maiaa ke ddaa(n)dde ||
O mind, abandon delusion, become fully revealed, and move freely amid the forces of illusion. This suggests the conscience living its truth without being controlled by fear, social pressure, or inherited conditioning.

soor k sanamukh ran te ddarapai satee k saa(n)chai bhaa(n)dde ||1||
What kind of warrior fears facing the battle, or what kind of truthful person is committed to truth, clinging to trivial possessions? This shows that courage emerges when we face our attachments and shortcomings without fear, allowing us to overcome them rather than let them dictate our actions. (1)

ddagamag chhaadd re man bauraa ||
Abandon your unsteadiness, O ignorant mind. This warns against instability, which hinders the mind from settling into truth.

ab tau jare mare sidh paieeaaai leeno haath sa(n)dhauraa ||1|| rahaau ||
Now is the moment to burn away the old self and enter realisation, holding firmly to unwavering resolve. This reflects the decisive moment when inward transformation demands complete commitment to let go of ego and hesitation, so that deeper awareness can emerge. (1)(Pause)

kaam karodh maiaa ke leene iaa bidh jagat bigootaa ||

Absorbed in desire, anger, and illusion, the world loses its way. This points to the impulses that trap the mind, drawing it away from inner clarity.

keh kabeer raajaa raam na chhoddau sagal uooch te uoochaa ||2||2||17||68||

Kabir says that he will not let go of the sovereign universal awareness, the highest of all that is high. This demonstrates an unwavering inner anchoring in the supreme reality of oneness, transcending every lesser pull, fear, and distraction.
(2)(2)(17)(68)

Essence: Bhagat Kabir highlights that impulses can trap the mind, continually drawing it away from inner clarity and scattering awareness among lesser attractions. Liberation from this duality emerges through an unwavering inner anchoring in the deeper reality of oneness, where fleeting distractions gradually lose their power to define our thoughts and our conscience relaxes into unity.

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