

Bhagat Kabir - Sabad 74
ni(n)dhau ni(n)dhau mo kau log ni(n)dhau ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 339

ni(n)dhau ni(n)dhau mo kau log ni(n)dhau ||
ni(n)dhaa jan kau kharee piaaree ||
ni(n)dhaa baap ni(n)dhaa mahataaree ||1|| rahaau ||
ni(n)dhaa hoi ta baiku(n)Th jaieeai ||
naam padhaarath maneh basaieeai ||
ridhai sudh jau ni(n)dhaa hoi ||
hamare kapare ni(n)dhak dhoi ||1||
ni(n)dhaa karai su hamaraa meet ||
ni(n)dhak maeh hamaaraa cheet ||
ni(n)dhak so jo ni(n)dhaa horai ||
hamaraa jeevan ni(n)dhak lorai ||2||
ni(n)dhaa hamaree prem piaar ||
ni(n)dhaa hamaraa karai udhaar ||
jan kabeer kau ni(n)dhaa saar ||
ni(n)dhak ddoobaa ham utare paar ||3||20||71||

Summary: Criticism can be profoundly valuable when approached mindfully. Like an oyster that transforms an irritating grain of sand into a beautiful pearl, we can use criticism to reveal insecurities and challenge our self-image. Mindfulness helps us move past the initial sting, allowing us to discern truth and address our reliance on external validation. Even unfair criticism can highlight our ego's vulnerabilities. Embracing this transformation fosters humility, resilience, and greater freedom from the need for approval, enriching our personal growth and empowering us to navigate life authentically. This mindfulness can overcome the pain of being judged and refine our thinking so we can use it for our betterment.

ni(n)dhau ni(n)dhau mo kau log ni(n)dhau ||
Evaluate me, criticise me, let people speak of my shortcomings. This demonstrates humility and a willingness to move beyond defensiveness and the need for approval.

ni(n)dhaa jan kau kharee piaaree ||
For the humble, criticism by others becomes deeply valuable. This mindfulness can overcome the pain of being judged and refine our thinking so we can use it for our betterment.

ni(n)dhaa baap ni(n)dhaa mahataaree ||1|| rahaau ||

Criticism is the father and evaluation is the mother, shaping and correcting the inner self. This metaphorically represents ni(n)dhaa criticism as parents, the nurturing forces that shape and mature us and foster growth. (1)(Pause)

ni(n)dhaa hoi ta baiku(n)Th jaieeaa ||

When criticised, one may journey toward Baikunth, an inner state of liberation. This suggests that as the ego loosens its control, self-scrutiny and refined judgment become formative forces that give rise to insights.

naam padhaarath maneh basaieeaa ||

It settles as a treasure of contemplative awareness within the conscience. This reflects that when we approach criticism as constructive feedback, it softens vanity, creating an inner openness where enduring clarity and discernment can take root.

ridhai sudh jau ni(n)dhaa hoi ||

When criticism is received with purity of heart. This suggests that when we accept judgment without anger, defensiveness, or resentment, we gain greater understanding of ourselves.

hamare kapare ni(n)dhak dhoi ||1||

The critic washes our clothes. This metaphorically means that those who point out the flaws help the criticised to cleanse and purify their thoughts. (1)

ni(n)dhaa karai su hamaraa meet ||

Those who criticise are my friends. This reflects how an adversary can serve as a companion in self-discovery, as their judgements can expose what remains unresolved within us.

ni(n)dhak maeh hamaaraa cheet ||

My attention remains with the critic. This highlights that a critic becomes a catalyst for reflection, revealing dimensions of the self that comfort and praise may leave untouched.

ni(n)dhak so jo ni(n)dhaa horai ||

A critic whose criticism reverses. This suggests that if taken positively, condemnation can alter our thinking and make our actions and reactions meaningful.

hamaraa jeevan ni(n)dhak lorai ||2||

My life seeks a fault-finder. This quest invites a discerning eye to encourage self-understanding and to facilitate life's ongoing journey of enlightenment. (2)

ni(n)dhaa hamaree prem piaar ||

When criticism is seen as dear in our interest. This reveals the possibility of inner transformation when we see condemnation as beneficial to us.

ni(n)dhaa hamaraa karai udhaar ||

Criticism becomes the means of our positive upliftment. This reflects that when we accept criticism as constructive, it becomes a form of grace for inner liberation.

jan kabeer kau ni(n)dhaa saar ||

In humility, Kabir says that, for him, criticism becomes the essence of inner refinement. This transformation through contemplation and self-reflection deepens understanding of how to live a fulfilling life.

ni(n)dhak ddoobaa ham utare paar ||3||20||71||

The critic sinks, while I cross to the farther shore. This presents a paradox: criticism arising from hostility entangles the critic in negativity, yet it can also offer the criticized a valuable opportunity for self-reflection. (3)(20)(71)

Essence: Bhagat Kabir recognizes the value of the fault-finder and wholeheartedly seeks it, understanding that a discerning perspective can become an unexpected ally on the journey of inner refinement. The same criticism that entangles one person in resentment can help another rise above ego. When we shift from reacting to self-observing, discomfort transforms into insight, and judgment becomes a pathway to greater clarity and freedom. Embracing this process not only enriches our personal growth but also empowers us to navigate life with more strength and authenticity.

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