

Bhagat Kabir - Sabad 76

**khaT nem kar koThaRee baa(n)dhee basat anoop beech paiee ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 339**

khaT nem kar koThaRee baa(n)dhee basat anoop beech paiee ||
ku(n)jee kulaf praan kar raakhe karate baar na laiee ||1||
ab man jaagat rahu re bhaiee ||
gaafal hoi kai janam gavaio chor musai ghar jaiee ||1|| rahaau ||
pa(n)ch paharooooa dhar meh rahate tin kaa nahee pateeaaraa ||
chet suchet chit hoi rahu tau lai paragaas ujaaraa ||2||
nau ghar dhekh ju kaaman bhoolee basat anoop na paiee ||
kahat kabeer navai ghar moose dhasavai(n) tat samaiee ||3||22||73||

Summary: Our bodies are finite structures, bound by the natural limitations of physical existence, yet within them moves an unseen force our breath that sustains our presence. This lifeline participates in a larger universal order, humble in its function, seeking no recognition, yet powerful beyond individual will. Like a river whose visible flow is nourished by hidden springs beneath the earth, what appears on the surface depends upon currents that remain unseen. Our actions, emotions, and responses are visible expressions, yet beneath them lie deeper movements of intentions that shape who we become. The metaphor invites us to look beyond form and appearance, recognizing that the visible is often only an expression of the invisible. Life's deepest significance may therefore lie not in what can be readily observed, but in becoming conscious of the forces that connect us to the larger whole.

khaT nem kar koThaRee baa(n)dhee basat anoop beech paiee ||

Within a sixfold-structured framework, the body is bounded, and a unique treasure resides within. This can be interpreted metaphorically as inner strength and knowledge that lie within us despite our external limitations.

ku(n)jee kulaf praan kar raakhe karate baar na laiee ||1||

Under lock and key, creative energy conceals the breath, keeping it from external exposure. This reminds us that while our actions are visible, the underlying forces that drive them often go unnoticed. (1)

ab man jaagat rahu re bhaiee ||

Now, the mind remains awake and attentive, O fellow being. This demonstrates inner vigilance as the guardian that prevents our intentions from slipping into ignorance.

gaafal hoi kai janam gavaio chor musai ghar jaiee ||1|| rahaau ||

Through heedlessness, this precious life is lost, while the thief of time quietly plunders the inner house and departs. This suggests distraction drains the mind of its deeper purpose, even as we may seem alive on the surface. (1)(Pause)

pa(n)ch paharooooa dhar meh rahate tin kaa nahee pateeaaraa ||

Five guards stand at the doorway, yet none can be relied upon. This highlights that the senses, though necessary for navigating life, are easily swayed by impulse, attraction, and habit.

chet suchet chit hoi rahu tau lai paragaas ujaaraa ||2||

When the conscience remains alert and awake, inner illumination arises. This suggests that clarity about our existence comes through sustained attentiveness to our intentions, actions, and reactions. (2)

nau ghar dhekh ju kaaman bhoolee basat anoop na paiee ||

Fascinated by the nine openings of the home-like body, the mind remains ignorant and fails to discover the incomparable essence within. This reflects how sensory perceptions captivate the mind and spark desires for what we see, hear, taste, and touch, causing us to overlook the essence that can enrich our experiences.

kahat kabeer navai ghar moose dhasavai(n) tat samaiee ||3||22||73||

Kabir says that when the body's nine openings are closed off from outward dissipation, the essence becomes absorbed in the tenth opening: our conscience. This represents a reversal in focus, shifting our fixation from external manifestations to an inward perspective. (3)(22)(73)

Essence: Bhagat Kabir emphasizes that transformation happens when we shift our focus to an inwardly anchored perspective. While the outside remains unchanged, our relationship to it can change profoundly when we don't let appearances and situations dictate our inner state and instead engage from a deeper awareness. This lets us experience life as both observers and participants, staying grounded in all circumstances. By nurturing this inward focus, we gain clarity and discernment, empowering us to navigate challenges without allowing them to shape our identity or stability.

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