

Bhagat Kabir - Sabad 77
maiee moh avar na jaanio aanaanaa(n) ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 339

maiee moh avar na jaanio aanaanaa(n) ||
siv sanakaadh jaas gun gaaveh taas baseh more praanaanaa(n) || rahaau ||
hiradhe pragaas giaan gur ga(n)mit gagan ma(n)ddal meh dhiaanaanaa(n) ||
bikhai rog bhai ba(n)dhan bhaage man nij ghar sukh jaanaanaa ||1||
ek sumat rat jaan maan prabh dhoosar maneh na aanaanaa ||
cha(n)dhan baas bhe man baasan tiaag ghaTio abhimaanaanaa ||2||
jo jan gai dhiaai jas Thaakur taas prabhoo hai thaanaanaa(n) ||
teh badd bhaag basio man jaa kai karam pradhaan mathaanaanaa ||3||
kaaT sakat siv sahaj pragaasio ekai ek samaanaanaa ||
keh kabeer gur bheT mahaa sukh bhramat rahe man maanaanaa(n) ||4||23||74||

Summary: Reality is closer than we think, existing before our minds separate experience into seeker and sought, self and other, or within and beyond. What sages seek through philosophy, discipline, pilgrimage, or contemplation is not ultimately distant; it is already alive within the very awareness that enables all searching. The challenge lies not in its absence but in the mind's tendency to look outward for what quietly nourishes it from within. As our attention becomes less scattered by concepts, desires, and borrowed ideas, this subtle presence becomes more apparent. Therefore, the journey shifts from acquisition to recognition, from striving to reach the truth to embracing what has always been present. Realisation begins when the mind no longer seeks reality elsewhere and learns to recognise the depth already flowing through our conscience.

maiee moh avar na jaanio aanaanaa(n) ||
Mother, I have come to recognize no other reality beyond the all-pervading presence. This statement, addressed to Mother, reflects the self's nurturing, familiar dimension, witnessing a transformation in which the mind has found clarity.

siv sanakaadh jaas gun gaaveh taas baseh more praanaanaa(n) || rahaau ||
The presence, honoured by the deity Shiv, symbolising transformation, and Sanak, embodying wisdom, reside deeply within my breath. This signifies a shift from merely exploring concepts through philosophy and symbolism to experiencing life's profound essence within. (Pause)

hiradhe pragaas giaan gur ga(n)mit gagan ma(n)ddal meh dhiaanaanaa(n) ||

The heart becomes luminous through wisdom, and the reach of its insights extends contemplation into the vastness of universality. This reflects clarity expanding beyond confined thought into spacious openness.

bikhai rog bhai ba(n)dhan bhaage man nij ghar sukh jaanaanaa ||1||

The toxic disease of fear and attachment begins to fall away, and the mind finds peace in its inner home. This inward journey leads us back to our true selves, where our conscience thrives in openness, balance, and connection. (1)

ek sumat rat jaan maan prabh dhoosar maneh na aanaanaa ||

Imbued with the wisdom of oneness and accepting its omnipresence, it does not allow otherness in the mind. This points to oneness as a lived perception, where the conscience no longer seeks completeness elsewhere.

cha(n)dhan baas bhe man baasan tiaag ghaTio abhimaanaanaa ||2||

Just as sandalwood releases its fragrance, this inner awareness permeates the mind, letting cravings fade and pride diminish. This transformation illustrates that when positivity takes root, negativity loses its grip and gradually loses its power over us. (2)

jo jan gai dhiaai jas Thaakur taas prabhoo hai thaanaanaa(n) ||

Those who express, contemplate, and embody the qualities of the all-pervading awareness find that it dwells within that very presence. This suggests a connection between self-awareness and the collective consciousness of existence.

teh badd bhaag basio man jaa kai karam pradhaan mathaanaanaa ||3||

Greatly blessed is the mind in which such awareness is embraced, and its actions are visible in its disposition. This suggests that when our behaviours align with insight, we achieve an inner steadiness that forms the foundation of our existence. (3)

kaaT sakat siv sahaj pragaasio ekai ek samaanaanaa ||

Disconnecting from illusions, an effortless transformation arises, and one becomes absorbed in oneness. This reflects the boundary of the self, dissolving into the vastness of unity in diversity.

keh kabeer gur bheT mahaa sukh bhramat rahe man maanaanaa(n) ||4||23||74||

Kabir says that encountering transformative wisdom brings peace, and the wandering mind settles into stillness. This reflects an inward reorientation;

fulfilment emerges organically as clarity takes hold, marking the end of the relentless search. (4)(23)(74)

Essence: Bhagat Kabir highlights that inward reorientation means shifting our attention from constant dependence on the external world to uncovering the profound clarity within. While the world around us is ever-changing, it need not dictate who we are. By anchoring our attention in our experiences rather than reactivity, we cultivate a perception that lets us engage with the wholeness the mind has been searching and yearning for all along.

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