

Bhagat Kabir – Sabad 9
sa(n)dhiaa praat isnaan karaahee ||
Raag Gauri, Bhagat Kabir, Guru Granth Sahib, 324

sa(n)dhiaa praat isnaan karaahee ||
jiau bhe daadur paanee maahee ||1||
jau pai raam raam rat naahee ||
te sabh dharam rai kai jaahee ||1|| rahaau ||
kaiaa rat bahu roop rachaahē ||
tin kau daiaa supanai bhee naahee ||2||
chaar charan kaheh bahu aagar ||
saadhoo sukh paaveh kal saagar ||3||
kahu kabeer bahu kai kareejai ||
sarabas chhodd mahaa ras peejai ||4||5||

Summary: Consciousness and universal principles are intertwined concepts. Consciousness is the awareness and intention that shape our perception of the world, while universal principles are the timeless truths that govern existence. Understanding and accepting these principles is vital to view how the universe directs our lives.

sa(n)dhiaa praat isnaan karaahee ||
Taking a ceremonial bath every morning and evening,

jiau bhe daadur paanee maahee ||1||
is much like a frog dwelling in water. Highlighting our tendency to avoid exploring ideas beyond our familiar boundaries. (1)

jau pai raam raam rat naahee ||
When there is a lack of appreciation for the oneness of awareness that permeates everything,

te sabh dharam rai kai jaahee ||1|| rahaau ||
then, one should explore consciousness, the ultimate judge of universal principles.
(1)(Pause)

kaiaa rat bahu roop rachaahē ||
Those attached only to physical form exhibit many appearances, implying that they are projecting deception,

tin kau daiaa supanai bhee naahee ||2||
they do not feel compassion, even in dreams. (2)

chaar charan kaheh bahu aagar ||
Those who have read religious texts claim they are wise.

saadhoo sukh paaveh kal saagar ||3||
Those who are enlightened discover solace in a world that feels like an ocean of suffering. (3)

kahu kabeer bahu kai kareejai ||
Kabir asks why do you perform so many rituals.

sarabas chhodd mahaa ras peejai ||4||5||
Let go of all attachments with everything and embrace the ultimate essence of unity.
(4)(5)

Essence: Bhagat Kabir calls those enlightened who see life as neither inherently suffering nor joy. Attachments and perceptions shape how we experience life. By cultivating mindfulness and letting go, we can see the world as blissful, discovering meaning, growth, and peace even in the most challenging circumstances.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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