

Bhagat Ravidas – Sabad 11
har har har har har har hare ||
Raag Asa, Bhagat Ravidas, Guru Granth Sahib, 487

har har har har har har hare ||
har simrat jan ge nisatar tare ||1|| rahaau ||
har ke naam kabeer ujaagar ||
janam janam ke kaaTe kaagar ||1||
nimat naamadeau doodh peeaaiaa ||
tau jag janam sa(n)kaT nahee aaiaa ||2||
jan ravidas raam ra(n)g raataa ||
eiau gur parasaad narak nahee jaataa ||3||5||

Summary: Awareness is a powerful tool that helps us focus on a single point until distractions fade, allowing our attention to stabilize. Through this process, movement transforms from mere effort into a state of deep immersion. By cultivating awareness, the feeling of separation starts to dissolve, enabling us to eliminate negativity and the barriers created by ignorance and ego. This practice recognizes the divine presence within each of us, fostering a profound sense of unity. Embracing interconnectedness requires more than mere words; it calls for genuine embodiment and ongoing reminders of the uplifting concept of oneness, which can lead to significant transformation in our lives.

har har har har har har hare ||

The all-pervading source manifests, permeates, and vibrates as the essence of life in all existence. The repeated use of the term “Har,” which signifies the universal life force, draws our attention to the unity of this singular, all-encompassing presence.

har simrat jan ge nisatar tare ||1|| rahaau ||

Reflecting on the omnipresent awareness, the devoted seeker transcended efficiently and achieved spiritual liberation. This suggests that mindfulness can guide our conscience through the ocean of worldly attachments. (1)(Pause)

har ke naam kabeer ujaagar ||

Through contemplation of the all-pervading consciousness, Kabir found enlightenment. This illustrates the transformative power of self-reflection.

janam janam ke kaaTe kaagar ||1||

Multiple conditionings imprinted on our conscience as accountable dissipate. This transformation reveals that constraints of perspectives dissolve when inner alignment is enhanced. (1)

nimat naamadeau doodh peeaaiaa ||

In devotion, Namdev offered milk to the idol for drinking. This symbolic act illustrates innocence and fearlessness, breaking down the hierarchical barriers between the seeker and the divine, allowing for a more equitable union.

tau jag janam sa(n)kaT nahee aaiaa ||2||

Consequently, the world and existence do not seem tormenting. This points to the comfort found in accepting life without resistance, rather than experiencing it as an existential crisis. (2)

jan ravidas raam ra(n)g raataa ||

The humble devotee Ravidas says that he is immersed in the essence of all-encompassing unity.

eiau gur parasaad narak nahee jaataa ||3||5||

Thus, through the grace of spiritual insights, the conscience transcends hell, the concept which represents negativity. This defines "hell" not as a physical location but as a mental state of ignorance that leads to inner turmoil. (3)(5)

Essence: Bhagat Ravidas inspires us by referencing enlightened souls like Kabir and Namdev, illustrating a profoundly evolved mindset that deeply engages in the inward journey. In this enlightened state, awareness flourishes through resonance and assimilation, transcending outdated societal norms of dramatic effort, ritualism, and discrimination. This transformation fosters clarity, replacing fear and discrimination, and results in a quiet, harmonious steadiness that embraces unity.

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

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