

Bhagat Ravidas – Sabad 2
merree sa(n)gat poch soch din raatee ||
Raag Gauri Guarairee, Bhagat Ravidas, Guru Granth Sahib, 345

merree sa(n)gat poch soch din raatee ||
meraa karam kuTilataa janam kubhaa(n)tee ||1||
raam gusieeaa jeeaa ke jeevanaa ||
moh na bisaarahu mai jan teraa ||1|| rahaau ||
merree harahu bipat jan karahu subhaiee ||
charan na chhaaddau sareer kal jaiee ||2||
kahu ravidas parau teree saabhaa ||
beg milahu jan kar na bilaa(n)baa ||3||1||

Summary: Our thoughts profoundly influence every aspect of our lives. They dictate our actions, impact our emotions, and ultimately determine our reality. Recognizing the immense power of our thoughts is crucial. This self-examination empowers us to make meaningful changes, paving the way for personal transformation. By engaging in the process of introspection, reflecting on our inner thoughts and behaviors, we can uncover opportunities for growth and development.

merree sa(n)gat poch soch din raatee ||
I am in the company of the negative, low-spirited thoughts, and they give me grief day and night.

meraa karam kuTilataa janam kubhaa(n)tee ||1||
My actions have become dishonourable, and my existence feels unworthy. This self-reflection suggests seeking change, as acknowledging one's shortcomings is the first step towards personal growth. (1)

raam gusieeaa jeeaa ke jeevanaa ||
The all-pervading awareness manifests as life in all creation.

moh na bisaarahu mai jan teraa ||1|| rahaau ||
Do not forget me; I embody your own creativity. This serves as a reminder that every creation represents the universal consciousness and deserves awareness. (1)(Pause)

merree harahu bipat jan karahu subhaiee ||
Relieve my anguish by nurturing a disposition of gentleness and compassion for fellow beings. This plea reveals seeking wisdom that can foster virtues, enhancing well-being for self and others.

charan na chhaaddau sareer kal jaiee ||2||

I will never separate from the all-pervading consciousness, even when my body perishes. This shows my unwavering devotion to oneness, regardless of challenges. (2)

kahu ravidas parau teree saabhaa ||

Says Ravidas, I seek the guardianship of the all-pervading awareness.

beg milahu jan kar na bilaa(n)baa ||3||1||

Immediately embrace union, fellow beings; do not delay making this effort. This urgency symbolises the need to embody unity before disunion causes distress in our collective well-being. (3)(1)

Essence: Bhagat Ravidas, through self-reflection, realized that every part of creation is interconnected, and even the smallest element plays a vital role in the larger tapestry of existence. By embracing omnipresence, we celebrate our unity and inspire others to honour the connections that bind us. This understanding encourages us to recognize our roles in the world and uplift one another on this shared journey, urging us to embody virtues that foster unwavering unity.

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

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