

Bhagat Ravidas – Sabad 21
ham sar dheen dhiaal na tum sar ab pateear kiaa keejai ||
Raag Dhanasri, Bhagat Ravidas, Guru Granth Sahib, 694

ham sar dheen dhiaal na tum sar ab pateear kiaa keejai ||
bachanee tor mor man maanai jan kau pooran dheejai ||1||
hau bal bal jaau ramieeaa kaarane ||
kaaran kavan abol || rahaau ||
bahut janam bichhure the maadhau ih janam tum(h)aare lekhe ||
keh ravidhaas aas lag jeevau chir bhio dharasan dhekhe ||2||1||

Summary: The ego operates within strict boundaries, measuring, comparing, and defending, which limits our perspective and creates tension. In contrast, humility allows us to acknowledge, creating space for listening, learning, and healing. While ego turns moments into judgments about self-worth, humility transforms them into opportunities for self-actualization. Kindness often feels challenging because the ego views it as a loss of control, leading us to hold back; this reluctance is our instinct to protect the ego. However, humility is a strength that liberates us from insecurity, enabling kindness to flow naturally.

ham sar dheen dhiaal na tum sar ab pateear kiaa keejai ||
There are no weaknesses like mine, and no benevolence that matches yours. What will be gained by evaluating now? This contrast between the ego's limits and the benefits of humility, encourages us to reflect on our reluctance to embrace kindness.

bachanee tor mor man maanai jan kau pooran dheejai ||1||
My mind has embraced and aligned with all-pervading wisdom, granting the humble seeker a state of completeness. This signifies that attaining intellectual understanding enables the experiential integration of insights. (1)

hau bal bal jaau ramieeaa kaarane ||
I am willing to repeatedly let go of my limited self for the sake of the all-encompassing reality. This signifies a complete surrender of the egoic identity to strengthen the connection with the universal essence that connects us all.

kaaran kavan abol || rahaau ||
What is the reason for not expressing? This marks the power of stillness, where awareness replaces the need for justifications to seek validation. (Pause)

bahut janam bichhure the maadhau ih janam tum(h)aare lekhe ||

In countless moments of existence, O all-pervading awareness, I have separated from you. I now dedicate this moment to reconnecting with you. This acknowledges past disconnection from oneness and commitment to embrace the opportunity for realignment.

keh ravidhaas aas lag jeevau chir bhio dharasan dhekke ||2||1||

Ravidas says he survives only on the hope of reconnecting, for it has been a very long time since he last experienced a glimpse of clarity. This captures the endurance of a seeker, sustained by the anticipation of rediscovering awareness after a period of spiritual darkness. (2)(1)

Essence: Bhagat Ravidas captures a mindset shaped by a prolonged struggle for clarity, where confusion often prevails. Despite these challenges, the seeker remains steadfast, fuelled by hope and the belief that they can reconnect with their inner awareness. In this light, shadows fade, restlessness transforms into stillness as a commitment to the journey. This evolution turns waiting into a meaningful expression of silent devotion to self-discovery and enlightenment.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com