

Bhagat Ravidas – Sabad 25
seh kee saar suhaagan jaanai ||
Raag Suhi, Bhagat Ravidas, Guru Granth Sahib, 793

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taj abhimaan sukh raleeaa maanai ||
tan man dheh na a(n)tar raakhai ||
avaraa dhekh na sunai abhaakhai ||1||
so kat jaanai peer paraiee ||
jaa kai a(n)tar dharadh na paiee ||1|| rahaau ||
dhukhee dhuhaagan dhui pakh heenee ||
jin naeh nira(n)tar bhagat na keenee ||
pur salaata kaa pa(n)th dhuhelaa ||
sa(n)g na saathee gavan ikelaa ||2||
dhukheeeaa dharadhava(n)dh dhar aaiaa ||
bahut piaas jabaab na paiaa ||
keh ravidhaas saran prabh teree ||
jiaa jaanahu tiaa kar gat meree ||3||1||

Summary: *Suhagan*, a metaphorical representation of the fortunate, aligned mind, is a powerful state in which thoughts, values, and actions harmonise. It feels like being at home within yourself, steady and connected to what is real. While emotions are experienced and acknowledged, they do not control responses and intentions. In contrast, *Duhagan*, the unfortunate, fragmented mind, is pulled in multiple directions, driven by fear, cravings, and conditioned beliefs. One part yearns for peace, while another resists change, leaving the mind feeling restless. The transition from *Duhagan* to *Suhagan* begins when you take ownership of your reality. This acknowledgement paves the way for fulfilment by enabling conscious choices that are universally beneficial.

seh kee saar suhaagan jaanai ||

Only a fortunate spouse recognizes the true value of their partner. This implies that a conscience, integrated with a sense of oneness, experiences the pulse of wholeness.

taj abhimaan sukh raleeaa maanai ||

Discarding arrogance, it enjoys the joy of union; this highlights the need to dismantle the ego for a harmonious life.

tan man dhei na a(n)tar raakhai ||

By offering both body and mind, it maintains no distance. This signifies surrender, dissolving the line between you and me, leading to a deep sense of unity.

avaraa dhekh na sunai abhaakhai ||1||

It does not look, hear or speak to others. This reflects a singular focus that seeks no validation, ignores the noise of duality, and remains undistracted by the sensory world. (1)

so kat jaanai peer paraiee ||

How can anyone truly understand another's pain? The deep ache of disunion can only be comprehended by those who also understand the joy of union.

jaa kai a(n)tar dharadh na paiee ||1|| rahaau ||

If one has not experienced compassion and sympathy within? This highlights that when the pain of disunion is felt, it can lead to closeness. (1)(Pause)

dhukhee dhuhaagan dhui pakh heenee ||

The unfortunate, fragmented mind loses on both sides. This suggests that those alienated from their true nature lose both their inner alignment and external stability.

jin naeh nira(n)tar bhagat na keenee ||

It is the one who failed to maintain continuous alignment with their spouse. This identifies the cause of suffering as the lack of consistent mindfulness and integration with universal awareness.

pur salaat kaa pa(n)th dhuhelaa ||

The bridge over the abyss is narrow and difficult to cross. This metaphorical reference to hell symbolizes a negative dualistic mindset, which can be exhausting.

sa(n)g na saathee gavan ikelaa ||2||

There are no companions; the self must travel alone. This emphasizes the solitary nature of inner separation, isolating it from the companionship of wisdom and awareness. (2)

dhukheaaa dharadhava(n)dh dhar aaiaa ||

The distressed, suffering in pain, has come to the doorway of one's conscience. This depicts a moment where ignorance is exhausted and the ego surrenders, seeking refuge in awareness.

bahut piaas jabaab na paiaa ||

Despite an intense thirst for clarity, there has been no answer. This suggests that our knowledge has not yet deepened enough to resonate with the essence, leading to dissatisfaction.

keh ravidhaas saran prabh teree ||

Ravidas says I have entered the sanctuary of the all-pervading presence. This signifies the ultimate act of letting go and completely surrendering oneself to universal awareness.

jjiau jaanahu tiau kar gat meree ||3||1||

What aligns with the laws of nature, my state, and evolution will manifest accordingly. This embodies openness and represents the ultimate act of relinquishing control. (3)(1)

Essence: Bhagat Ravidas reveals that the journey toward reality is a solitary quest, and we cannot accomplish it when our conscience is accompanied by ego and a conditioned mindset. The connection with our source requires the complete release of the sense of "I," even if this journey through complex emotional terrain is challenging. Bhagat Ravidas makes a heartfelt appeal for resolution from the suffering of a restless mind that stands at the brink of reality. This appeal highlights that humility is the doorway to awareness that can satisfy any quest.

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

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