

Bhagat Ravidas – Sabad 30
muka(n)dh muka(n)dh japahu sa(n)saar ||
Raag Gond, Bhagat Ravidas, Guru Granth Sahib, 875

muka(n)dh muka(n)dh japahu sa(n)saar ||
bin muka(n)dh tan hoi aauhaar ||
soiee muka(n)dh mukat kaa dhaataa ||
soiee muka(n)dh hamaraa pit maataa ||1||
jeevat muka(n)dhe marat muka(n)dhe ||
taa ke sevak kau sadhaa ana(n)dhe ||1|| rahaau ||
muka(n)dh muka(n)dh hamaare praana(n) ||
jap muka(n)dh masatak neesaana(n) ||
sev muka(n)dh karai bairaagee ||
soiee muka(n)dh dhurabal dhan laadhee ||2||
ek muka(n)dh karai upakaar ||
hamaraa kahaa karai sa(n)saar ||
meTee jaat hooe dharabaar ||
tuhee muka(n)dh jog jug taar ||3||
aupajio giaan hooaa paragaas ||
kar kirapaa leene keeT dhaas ||
kahu ravidhaas ab tirasanaa chookee ||
jap muka(n)dh sevaa taahoo kee ||4||1||

Summary: At our core, we all yearn for liberation from the ego, even if we seek that freedom through various paths. *Mukand*, the essence of liberating awareness, acts as a powerful force that untangles the knots of fear, craving, pride, and the desire to control outcomes. It is that inner strength that frees us from ignorance and reconnects us to the centre of awareness. By holding *Mukand* in contemplation, we create a grounding reminder; each time our mind strays into negativity, it guides us back to clarity. With time, this consistent practice deepens our journey toward the liberation we all seek.

muka(n)dh muka(n)dh japahu sa(n)saar ||

The awareness that liberates is something the world should contemplate. This suggests that seeking and embodying wisdom can free us from worldly attachments.

bin muka(n)dh tan hoi aauhaar ||

Without this liberating awareness, the body's significance declines. This emphasizes that a physical form disconnected from its spiritual essence lacks purpose and meaning.

soiee muka(n)dh mukat kaa dhaataa ||

The liberating awareness itself is the provider of freedom. This identifies the source of wisdom as the very mechanism by which one rises above worldly bondages.

soiee muka(n)dh hamaraa pit maataa ||1||

Liberating awareness serves as our guiding father and nurturing mother. This metaphor represents wisdom as the source that fosters clarity and nurtures our spiritual growth. (1)

jeevat muka(n)dhe marat muka(n)dhe ||

Living with liberating awareness, and dying with liberating awareness. This state defines progression, as the conscience remains alive while the ego perishes.

taa ke sevak kau sadhaa ana(n)dhe ||1|| rahaau ||

Those devoted to this liberating awareness are always in a state of bliss. This illustrates that true joy and stability arise from connecting to the unchanging reality within. (1)(Pause)

muka(n)dh muka(n)dh hamaare praana(n) ||

The seeking and gaining of this liberating awareness are the very breath of life. This signifies that spiritual connection is as vital and intimate as the physiological process of breathing.

jap muka(n)dh masatak neesaana(n) ||

Contemplating this liberating awareness can leave a mark of destiny on one's forehead. This statement implies that, through self-reflection, we can gain clarity that can shape our fate.

sev muka(n)dh karai bairaagee ||

Devotion to liberating awareness helps the seeker detach from unchecked desires. This implies that renunciation involves not only leaving the world but also consciously abandoning the vices within.

soiee muka(n)dh dhurabal dhan laadhee ||2||

Awareness can lead to liberation, allowing the vulnerable to discover a wealth of wisdom. This journey of self-discovery enables individuals to recognize their strengths, and find freedom from their limitations. (2)

ek muka(n)dh karai upakaar ||

This singular liberating awareness grants its support. This indicates that those who aligned with the universal laws reap their benefits.

hamaraa kahaa karai sa(n)saar ||

What harm can the world do to me now? This expresses a fearlessness rooted in self-awareness, where external judgment and oppression lose their power.

meTee jaat hooe dharabaar ||

By erasing social and religious identities, existence transforms into a royal congregation. This indicates that as societal labels and constructed religions dissolve, one gains access to the universal unity.

tuhee muka(n)dh jog jug taar ||3||

You are the liberating awareness that enlightens conscience across realms. This implies that freedom arises from clarity that transcends time, enabling us to recognise that universal truth is eternal. (3)

aupajio giaan hooaa paragaas ||

Wisdom has arisen, and illumination has emerged. This describes the euphoric moment of awakening when ignorance fades away.

kar kirapaa leene keeT dhaas ||

Through the grace of liberating awareness, even the meek, like a humble worm, are spiritually integrated. This suggests that, in the realm of enlightenment, inclusion extends beyond the constraints of any hierarchy.

kahu ravidhaas ab tirasanaa chookee ||

Ravidas says that his yearning has now dissipated. This indicates that the endless cycle of unfulfilled desires calms through the contentment achieved from liberating awareness.

jap muka(n)dh sevaa taahoo kee ||4||1||

Contemplate the liberating awareness and devote yourself to it. This affirmation cements the singular focus on the source that brings freedom and enlightenment.
(4)(1)

Essence: Bhagat Ravidas celebrates the concept of fearless freedom as an essential part of life, an inner dignity that cannot be given or taken away by anyone. This perspective represents a revolutionary form of rebellion: when caste and hierarchy transcend, awareness becomes a valuable asset for those deemed low and weak. In this enlightened state, individuals break free from society's judgments, allowing oppression to lose its grip.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com