

Bhagat Ravidas – Sabad 34
sukh saagar suritar chi(n)taaman kaamadhen bas jaa ke re ||
Raag Maru, Bhagat Ravidas, Guru Granth Sahib, 1106

sukh saagar suritar chi(n)taaman kaamadhen bas jaa ke re ||
chaar padhaarath asaT mahaa sidh nav nidh kar tal taa kai ||1||
har har har na japas rasanaa ||
avar sabh chhaadd bachan rachanaa ||1|| rahaau ||
naanaa khiaan puraan bedh bidh chautees achhar maahee ||
biaas beechar kahio paramaarith raam naam sar naahee ||2||
sahaj samaadh upaadh rahat hoi badde bhaag liv laagee ||
keh ravidhaas udhaas dhaas mat janam maran bhai bhaagee ||3||2||15||

Summary: The power of a balanced mind lies in its ability to see things clearly, without distortion or impulsiveness. When inner turmoil subsides, our focus sharpens, becoming steady and responsive. We stop wasting energy on worry, defensiveness, and overthinking. This clarity allows skills that once felt obstructed to flow effortlessly. Resources and capabilities, whether intellectual, spiritual, material, or situational, begin to appear abundant, within our reach, and attainable. A state of calm and balance removes the barriers that obscure what we already possess, enabling us to recognise and appreciate the abundance we already have.

sukh saagar suritar chi(n)taaman kaamadhen bas jaa ke re ||

The ocean of peace, the tree of miracles, the wish-fulfilling jewel, and the wish-fulfilling cow are all under the control of all-pervading awareness. These mythological references suggest that a sustaining abundance already resides within us as inherent qualities.

chaar padhaarath asaT mahaa sidh nav nidh kar tal taa kai ||1||

The four elements, the eighteen supernatural powers, and the nine treasures are all within the grasp of omnipresent awareness. These achievements reflect the power of a balanced mind; as a result, all these abilities and resources feel accessible. (1)

har har har na japas rasanaa ||

The conscience does not continuously reflect on the oneness of the all-pervading awareness. This highlights the human tendency to disconnect from nature despite recognizing our inherent interconnectedness.

avar sabh chhaadd bachan rachanaa ||1|| rahaau ||

Discard all other sermons and notions. This is a reminder to quiet our mind and align with our true self and others. (1)(Pause)

naanaa khiaan puraan bedh bidh chautees achhar maahee ||

The diverse epics, sacred scriptures and texts of knowledge are woven with the thirty-four letters of the alphabet. This illustrates words as tools for discovering truth, rather than arbitrary symbols.

biaas beechaar kahio paramaarath raam naam sar naahee ||2||

Vyasa, after deep contemplation, stated the supreme truth that nothing equals the all-pervading reality. This states that even learned scholars regard scriptural knowledge as secondary to experiential wisdom. (2)

sahaj samaadh upaadh rahat hoi badde bhaag liv laagee ||

Through the fortune of self-grace, one enters a natural stillness, free from complications and duality. This describes self-reflection as a state of effortless meditation in which the mind's struggles cease.

keh ravidhaas udhaas dhaas mat janam maran bhai bhaagee ||3||2||15||

Ravidas says that holding this detachment and illumination within the mind, the fear of birth and death fades. This asserts that the internalization of light is the antidote to the existential anxiety of mortality. (3)(2)(15)

Essence: Bhagat Ravidas urges seekers to look within for true fulfilment, reminding us that it is not found in external pursuits, but rather through internal realisation. He stresses the futility of chasing after specific powers or getting lost in the complexities of interpreting scriptures. Instead, he reveals that all legendary treasures and psychic abilities reside within the source itself, and we are all interconnected as extensions of that profound source. By embracing our unity with the greater whole, we can tap into our inner potential.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com