

Bhagat Surdas - Sabad 1
chhaadd man har bimukhan ko sa(n)g ||
Raag Sarang, Bhagat Surdas, Guru Granth Sahib, 1253

chhaadd man har bimukhan ko sa(n)g ||
har ke sa(n)g base har lok ||
tan man arap sarabas sabh arapio anadh sahaj dhun jhok ||1|| rahaau ||
dharasan pekh bhe nirabikhiiee paae hai sagale thok ||
aan basat siau kaaj na kachhooaai su(n)dhar badhan alok ||1||
siaam su(n)dhar taj aan ju chaahat jiau kusaTee tan jok ||
sooradhaas man prabh hath leeno dheeno ih paralok ||2||1||8||

Summary: Commitments can become unconscious patterns, turning into reactive habits shaped by emotion and repetition. By engaging in critical thinking, we start to recognize these patterns without judgment. This recognition creates a space between impulse and action. Within that space, our commitments can become consciously aligned with the unity of creation. Such alignment naturally leads us toward relationships that foster unity and personal growth, while distancing us from influences that disrupt our awareness.

chhaadd mann har bimukhan ko sa(n)g ||
O mind, do not associate with those who are not committed to the oneness of creation. This guidance suggests nurturing thoughts, actions, and companionship that promote our spiritual growth and a sense of unity.

har ke sa(n)g base har lok ||
Those who embody the all-pervading awareness live in the company of that very awareness. This reflects an enlightened state where a person aligns with thoughts, actions, and companionship that resonate with the essence of existence.

tan man arap sarabas sabh arapio anadh sahaj dhun jhok ||1|| rahaau ||
Physical and mental dedication to achieving wholeness fosters a state of total surrender, which, in turn, creates a harmonious melody of peace and intuitive tranquillity. By submitting to all forms of fear and doubt, the mind can transcend these obstacles and reach a state of inherent bliss. (1)(Pause)

ਦਰਸਨੁ ਪੇਖਿ ਭਏ ਨਿਰਬਿਖਈ ਪਾਏ ਹੈ ਸਗਲੇ ਥੋਕ ॥
By pursuing spiritual vision, we can rid ourselves of negativity and unlock limitless possibilities. This means that as you cultivate wisdom, you open the door to fruitful insights and transformative experiences.

ਆਨ ਬਸਤੁ ਸਿਉ ਕਾਜੁ ਨ ਕਛੁਐ ਸੁੰਦਰ ਬਦਨ ਅਲੋਕ ॥੧॥

The all-encompassing awareness now exists within; there is no greater task than to behold the radiant beauty of this unseen, omnipresent force. This reflects a recognition of inner sanctity and tranquillity, where worldly matters remain present but no longer occupy the conscience. (1)

ਸਿਆਮ ਸੁੰਦਰ ਤਜਿ ਆਨ ਜੁ ਚਾਹਤ ਜਿਉ ਕੁਸਟੀ ਤਨਿ ਜੋਕ ॥

Forsaking the beauty of the omnipresent source and desiring honour in transient things is as detrimental as a leech on a leper's body. This highlights the mind's tendency to neglect fulfilment in favour of unhealthy sensory substitutes, mistakenly believing they are beneficial.

ਸੂਰਦਾਸ ਮਨੁ ਪ੍ਰਭਿ ਹਥਿ ਲੀਨੋ ਦੀਨੋ ਇਹੁ ਪਰਲੋਕ ॥੨॥੧॥੮॥

Surdas says his mind is hand held by the all-pervading awareness, which provides insights into the unknown realms. This indicates that fulfilment is not sourced externally but discovered through inner alignment. (2)(1)(8)

Essence: Guru Arjan powerfully endorses Bhagat Surdas's compelling message to 'Mun' the mind and heart to distance itself from 'Sangh,' the company of 'Bemukhan,' which embodies the ignorance that dismisses the wisdom needed to embrace 'Har,' the essential oneness of creation. By heeding this wisdom, we can unlock a profound understanding and strengthen our connection to the harmonious fabric that binds us all together. .

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

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