

Bhai Mardana - Sabad 2
kaiaa laahan aap madh majalas tirasanaa dhaat ||
Raag Bihagra, Bhai Mardana, Guru Granth Sahib, 553

kaiaa laahan aap madh majalas tirasanaa dhaat ||
manasaa kaToree kooR bharee peelaee jamkaal ||
eit mad peetai naanakaa bahute khaTe'eeh bikaar ||
giaan guR saalaeh ma(n)De bhau maas aahaar ||
naanak ih bhojan sach hai sach naam aadhaar ||2||
kaa(n)yaa(n) laahan aap madd a(n)mirat tis kee dhaar ||
satasa(n)gat siau melaap hoi liv kaToree a(n)mirat bharee pee pee kaTeh bikaar
||3||

Summary: Virtues and vices reflect an individual's qualities. Virtues are positive attributes that promote harmony and well-being, while vices generate negativity and disrupt peace. Embracing virtues helps us align with our true selves and fulfill nature's purpose, contributing to both personal and social well-being. In contrast, succumbing to vices disrupts our ability to live harmoniously with our environment and hinders our capacity to gain wisdom, ultimately leading to spiritual disconnect.

kaiaa laahan aap madh majalas tirasanaa dhaat ||
The human body serves as a vessel for the ego, captivating the mind like the effects of alcohol. It attaches itself to desires, like a gathering inclined towards intoxicants.

manasaa kaToree kooR bharee peelaee jamkaal ||
A cup full of desires overflows with falsehood and, when consumed, causes spiritual death.

eit mad peetai naanakaa bahute khaTe'eeh bikaar ||
Nanak, indulging in vices acts like an intoxicant, leading to countless negative intentions.

giaan guR saalaeh ma(n)De bhau maas aahaar ||
Savor spiritual wisdom like the sweetness of molasses; cherish gratitude as a satiating bread and nurture a fear of moral decline as food nourishes the body.

naanak ih bhojan sach hai sach naam aadhaar ||2||

Nanak, such attributes are pure food, while truth and contemplation are the true sustenance for spiritual growth. (2)

kaa(n)yaa(n) laahan aap madd a(n)mirat tis kee dhaar ||

Use your body as a vessel capable of producing an elixir of self-realization that flows forth a stream of wisdom.

satasa(n)gat siau melaap hoi liv kaToree a(n)mirat bharee pee pee kaTeh bikaar ||3||

In the congregation of spiritual beings, the mind, akin to a drinking bowl, is filled with the elixir of wisdom, consuming which one is freed from malicious intentions. (3)

Essence: Bhai Mardana encourages us to surround ourselves with the spiritually evolved, as they embody truth, the foundation of all virtues. He emphasizes the importance of living authentically and suggests using our bodies as vessels for divine wisdom and self-realization. Doing so can eliminate ill intent and purify our actions, thoughts, and intentions.

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

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