

Lesson 4 :

अंतः शून्यः बहिः शून्यः शून्यः कुम्भः ईवाम्बरे ।

अंतः पूर्णः बहिः पूर्णः पूर्णः कुम्भः ईवार्णवे ॥ - हठयोग प्रदीपिका

Translation : Inside pot (body) there is absolute void. Outside the pot, there is absolute void. At the same time, the inside and the outside of the pot are filled with consciousness just like an ocean.

जल में घट हैं घट में जल हैं बाहर भीतर पानी ।

फूटा घट जल ही जल समाना यह तत कह गयो ग्यानी ॥ - कबीर

Translation : Inside water, there are pots submerged, each of them filled with water. What other than water will remain if a pot is broken? How can my consciousness be separate from your consciousness? The pot of body is creating the illusion of separation.

दरियावकी लहर दरियाव हैं जी

दरियाव औ लहर भिन्न कोयम ।

उठे तो नीर है बैठता नीर हैं

कहो किस तरह दूसरा होयम ॥ - कबीर

Translation : A wave in the ocean is nothing but the ocean itself. How can the wave be separate from the ocean? What rises as a wave is water and what is seated in the ocean is also the same water. How can two exist when everything is manifestation of one?

Lesson 6 :

ऐसा जोग न देखा भाई भूला फिरै लिए गफिलाई ।
महादेवको पंथ चलावै ऐसो बड़ो महंत कहावै ॥ - कबीर

Translation : I have never seen Yog of this kind! The one who is deluded is spreading the delusion to others. How can one create a cult out of Mahadev (Shiv) and call oneself a great Master?

सो जोगी जाके मनमे मुद्रा, रति दिवस न करई निद्रा
मनमें आसण, मनमें रहणा, मनका जप-तप, मनसू कहना
मनमें खपरा मनमें सिंगी, अनहद बीन बजावै रंगी - कबीर

Translation : A true Yogi needs no outer symbols; he is always in a state of awareness. His Sadhana, mediation do not manifest externally; they happen quietly, inside. He does not need a Singi (a tiny instrument used by Nath yogis) as he is always listening to the Anhad sound.

भक्ति द्राविड़ उपजी, लाये रामानंद ।
परगट किया कबीर ने, सप्तद्वीप नवखण्ड ॥ - कबीर

Translation : Bhakti originated in the South and Ramanand brought it (to North). Kabir professed it and spread it all across!

सतगुरु के परताप से मिटी गयो सब दुःख-दंढ ।
कहे कबीर दुबिधा मिटी, गुरु मिलिया रामानंद ॥ -कबीर

Translation : With grace of Guru, my sorrows and delusions disappeared. Kabir says, after I met my Guru, the conflict within vanished.