Chautha Padd

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Literally Chautha means fourth or Turiya and Padd means state. Thus, Chautha Padd means the Fourth State of consciousness (mann). That means there are three other states (Padd) of consciousness that precede the fourth state. What are the other three states?

- ਅੰਤਰਿ ਰਤਨੁ ਮਿਲੈ ਮਿਲਾਇਆ॥ ਤ੍ਰਿਬਿਧਿ ਮਨਸਾ ਤ੍ਰਿਬਿਧਿ ਮਾਇਆ॥
ਪੜਿ ਪੜਿ ਪੰਡਿਤ ਮੋਨੀ ਥਕੇ ਚਉਥੇ ਪਦ ਕੀ ਸਾਰ ਨ ਪਾਵਣਿਆ॥ (੧੧੭)

Deep within the self is the jewel of God's Light (virtues) which we can only realize if we prepare ourselves for it. The mind (mann) is bound by three qualities of Maya. Reading and reciting, the Pandits, the religious scholars, and the sages have grown weary, but they have not found the supreme essence of the fourth state.

- ਮਾਇਆ ਮੋਹੁ ਜਗਤੁ ਸਬਾਇਆ॥ ਤ੍ਰੈ ਗੁਣ ਦੀਸਹਿ ਮੋਹੇ ਮਾਇਆ॥
ਗੁਰ ਪਰਸਾਦੀ ਕੋ ਵਿਰਲਾ ਬੂਝੈ ਚਉਥੈ ਪਦਿ ਲਿਵ ਲਾਵਣਿਆ॥ (੧੨੯)

The whole world is engrossed in emotional attachment to Maya. Those who are controlled by its three qualities are attached to Maya. By Guru's Grace, a few come to understand and they centre their consciousness in the fourth state.

- ਤ੍ਰਿਹੁ ਗੁਣਾ ਵਿਚਿ ਸਹਜੁ ਨ ਪਾਈਐ ਤ੍ਰੈ ਗੁਣ ਭਰਮਿ ਭੁਲਾਇ॥
ਪੜੀਐ ਗੁਣੀਐ ਕਿਆ ਕਥੀਐ ਜਾ ਮੁੰਢਹੁ ਘੁਥਾ ਜਾਇ॥
ਚਉਥੇ ਪਦ ਮਹਿ ਸਹਜੁ ਹੈ ਗੁਰਮੁਖਿ ਪਲੈ ਪਾਇ॥ (੬੮)

In the three qualities of Maya, intuitive balance (Blissful State) is not obtained, the three qualities lead to delusion and doubt. What is the point of reading, studying and debating if one loses the true path of the God? Those who live life according to the teachings of the Guru (Gurmukh) in the Fourth State get the blissful state.

The whole world is in the influence of three qualities of Maya-Rajo (Passion), Tamo (Ignorance) and Sato (Goodness). The combination of these three states of consciousness constitutes our individuality. Under the spell of Maya one acts in ego and is always unhappy. One who comes to realize the Fourth State (Chautha Padd), which is beyond the influence of Maya, forsake false ego, finds peace (Blissful State) through spiritual knowledge and wisdom from the Guru and living life accordingly (Gurmukh). Three States fade out into the Turiya or Fourth State.

- ਉਸਤਤਿ ਨਿੰਦਾ ਦੋਊ ਬਿਬਰਜਿਤ ਤਜਹੁ ਮਾਨੁ ਅਭਿਮਾਨਾ॥
ਲੋਹਾ ਕੰਚਨੁ ਸਮ ਕਰਿ ਜਾਨਹਿ ਤੇ ਮੂਰਤਿ ਭਗਵਾਨਾ॥
ਤੇਰਾ ਜਨੁ ਏਕੁ ਆਧੁ ਕੋਈ॥
ਕਾਮੁ ਕ੍ਰੋਧੁ ਲੋਭੁ ਮੋਹੁ ਬਿਬਰਜਿਤ ਹਰਿ ਪਦੁ ਚੀਨੈ ਸੋਈ॥ਰਹਾਉ॥
ਰਜ ਗੁਣ ਤਮ ਗੁਣ ਸਤ ਗੁਣ ਕਹੀਐ ਇਹ ਤੇਰੀ ਸਭ ਮਾਇਆ॥
ਚਉਥੇ ਪਦ ਕਉ ਜੋ ਨਰੁ ਚੀਨੈ ਤਿਨ੍ ਹੀ ਪਰਮ ਪਦੁ ਪਾਇਆ॥
ਤੀਰਥ ਬਰਤ ਨੇਮ ਸੁਚਿ ਸੰਜਮ ਸਦਾ ਰਹੈ ਨਿਹਕਾਮਾ॥
ਤ੍ਰਿਸਨਾ ਅਰੁ ਮਾਇਆ ਭ੍ਰਮੁ ਚੂਕਾ ਚਿਤਵਤ ਆਤਮ ਰਾਮਾ॥

ਜਿਹ ਮੰਦਰਿ ਦੀਪਕੁ ਪਰਗਾਸਿਆ ਅੰਧਕਾਰੁ ਤਹ ਨਾਸਾ॥
ਨਿਰਭਉ ਪੂਰਿ ਰਹੇ ਭ੍ਰਮੁ ਭਾਗਾ ਕਹਿ ਕਬੀਰ ਜਨ ਦਾਸਾ॥ (੧੧੨੩)

Bhagat Kabir is explaining Fourth State (Chautha Padd) and how to obtain it. Those who ignore both praise and slander, reject egotistical pride and conceit. Who look alike upon iron and gold (Poor and Riches), are the very image of the God. Hardly anyone is a true humble servant (Enlightened) of God. Ignoring sexual desire, anger, greed and attachment, such a person gets to know the God within (Obtains Blissful State). Rajas, the quality of energy and activity, Tamas, the quality of darkness and inertia. and Satvas, the quality of purity and light are all the creations of Maya. One who shun them realizes the fourth state (Chautha Padd) of realizing the God within, obtains the supreme status. Those who remember the God (virtues) all the time, shun pilgrimages, fasting, rituals, purification and self-discipline, their thirst for worldly temptations (Maya) and doubt depart, Bhagat Kabir says as a lamp illuminates the house and its darkness is dispelled in the same way doubt is dispelled from the mind (mann) in which God manifest. So the Fourth State (Chautha Padd) is called the Supreme Status.

- ਤੀਨਿ ਗੁਣਾ ਤੇਰੇ ਜੁਗ ਹੀ ਅੰਤਰਿ ਚਾਰੇ ਤੇਰੀਆ ਖਾਣੀ॥
ਕਰਮੁ ਹੋਵੈ ਤਾ ਪਰਮ ਪਦੁ ਪਾਈਐ ਕਥੇ ਅਕਥ ਕਹਾਣੀ॥ (੪੨੩)

O God! You are the creator of three qualities of Maya, and the four sources of creation (Though Gurbani does not believe in any of them but Guru used them to make people understand because they were widely accepted facts in Hinduism). One can attain Supreme Status (Param Padd) only if one understand and act on the spiritual teachings of the Guru (Karam).

- ਹਉਮੈ ਜਾਇ ਪਰਮ ਪਦੁ ਪਾਈਐ॥ (੨੨੬)

When we live life according to the teachings of the Guru, egotism and supreme state (Param Padd) is attained.

- ਕਰਣ ਕਾਰਣ ਸਮਰਥੁ ਸਦਾ ਸੋਈ ਸਰਬ ਜੀਅ ਮਨਿ ਧ੍ਯਾਇਯਉ॥
ਸ੍ਰੀ ਗੁਰ ਰਾਮਦਾਸ ਜਯੋ ਜਯ ਜਗ ਮਹਿ ਤੈ ਹਰਿ ਪਰਮ ਪਦੁ ਪਾਇਯਉ॥ (੧੪੦੫)

Bhatt says the mind (mann) of Guru Ram Das has become one with God and has attained supreme status (Param Padd).

- ਨਾਨਕ ਜੀਵਤਿਆ ਮਰਿ ਰਹੀਐ ਐਸਾ ਜੋਗੁ ਕਮਾਈਐ॥
ਵਾਜੇ ਬਾਝਹੁ ਸਿੰਙੀ ਵਾਜੈ ਤਉ ਨਿਰਭਉ ਪਦੁ ਪਾਈਐ॥
ਅੰਜਨ ਮਾਹਿ ਨਿਰੰਜਨਿ ਰਹੀਐ ਜੋਗ ਜੁਗਤਿ ਤਉ ਪਾਈਐ॥ (੭੩੦)

Nanak says practice such Yoga in which you remain spiritually dead while yet spiritually alive by subduing ego. Meet the God while doing everyday activities of life rather going to jungles and shun family life. Yogis blow the horn but those whose mind (mann) is attuned to the God have the music in their mind (mann) all the time. They don't need to blow the horn. They attain the State of Fearless Dignity (Nirbhao Padd). They remain unblemished in the midst of the filth of the worldly temptations. This is the way to attain yoga.

- ਪਤਿਤ ਪਾਵਨ ਪ੍ਰਭੁ ਤਿਆਗਿ ਕਰੇ ਕਹੁ ਕਤ ਠਹਰਾਈਐ ਰਾਮ॥
ਨਾਨਕ ਭਗਤਿ ਭਾਉ ਕਰਿ ਦਇਆਲ ਕੀ ਜੀਵਨ ਪਦੁ ਪਾਈਐ ਰਾਮ॥ (੮੪੮)

One who forsake God, absolves the sinners, cannot find peace. Nanak says, by loving devotional worship of the merciful God, one attains the state of eternal life (Jivan Padd).

- ਗੁਰਮੁਖਿ ਜੀਅ ਪ੍ਰਾਨ ਉਪਜਹਿ ਗੁਰਮੁਖਿ ਸਿਵ ਘਰਿ ਜਾਈਐ॥
  ਗੁਰਮੁਖਿ ਨਾਨਕ ਸਚਿ ਸਮਾਈਐ ਗੁਰਮੁਖਿ ਨਿਜ ਪਦੁ ਪਾਈਐ॥ (੧੩੨੯)

Living life according to the spiritual knowledge and wisdom given by the Guru one becomes spiritually alive and merges with the God. Such a person (Gurmukh) attains the Exalted State (Nij Padd).

- ਅਗਨਿ ਮਰੈ ਜਲੁ ਲੋੜਿ ਲਹੁ ਵਿਣੁ ਗੁਰ ਨਿਧਿ ਜਲੁ ਨਾਹਿ॥
  ਜਨਮਿ ਮਰੈ ਭਰਮਾਈਐ ਜੇ ਲਖ ਕਰਮ ਕਮਾਹਿ॥
  ਜਮੁ ਜਾਗਾਤਿ ਨ ਲਗਈ ਜੇ ਚਲੈ ਸਤਿਗੁਰ ਭਾਇ॥
  ਨਾਨਕ ਨਿਰਮਲੁ ਅਮਰ ਪਦੁ ਗੁਰੁ ਹਰਿ ਮੇਲੈ ਮੇਲਾਇ॥ (੧੪੧੧)

As we look for water to put out fire, we should come to the sanctuary of the Guru and look for ocean of spiritual knowledge and wisdom to put out the fire of worldly temptation (maya). Otherwise we will continue the cycle of spiritual birth and death, even if we do thousands of other deeds. If we live life in harmony with the cosmic law of the God, worldly temptations (maya) will have no effect on us. Nanak says, such a person attains the immaculate, Immortal Status (Amar Padd) and merges with the God.

- ਮਨੂਆ ਮਾਰਿ ਨਿਰਮਲ ਪਦੁ ਚੀਨਿਆ ਹਰਿ ਰਸ ਰਤੇ ਅਧਿਕਾਈ॥
  ਏਕਸ ਬਿਨੁ ਮੈ ਅਵਰੁ ਨ ਜਾਨਾਂ ਸਤਿਗੁਰਿ ਬੂਝ ਬੁਝਾਈ॥ (੧੨੩੩)

Subduing my mind (mann), I have realized the Pure Status (Nirmal Padd). I am totally imbued with the virtues of the God. The True Guru has imparted this understanding to me that there is no one other than one God.

- ਸਾਧੋ ਮਨ ਕਾ ਮਾਨੁ ਤਿਆਗਉ॥
  ਕਾਮੁ ਕ੍ਰੋਧੁ ਸੰਗਤਿ ਦੁਰਜਨ ਕੀ ਤਾ ਤੇ ਅਹਿਨਿਸਿ ਭਾਗਉ॥ਰਹਾਉ॥
  ਸੁਖੁ ਦੁਖੁ ਦੋਨੋ ਸਮ ਕਰਿ ਜਾਨੈ ਅਉਰੁ ਮਾਨੁ ਅਪਮਾਨਾ॥
  ਹਰਖ ਸੋਗ ਤੇ ਰਹੈ ਅਤੀਤਾ ਤਿਨਿ ਜਗਿ ਤਤੁ ਪਛਾਨਾ॥
  ਉਸਤਤਿ ਨਿੰਦਾ ਦੋਊ ਤਿਆਗੈ ਖੋਜੈ ਪਦੁ ਨਿਰਬਾਨਾ॥
  ਜਨ ਨਾਨਕ ਇਹੁ ਖੇਲੁ ਕਠਨੁ ਹੈ ਕਿਨਹੂੰ ਗੁਰਮੁਖਿ ਜਾਨਾ॥ (੨੧੯)

One who forsakes the pride of the mind (mann), ardent sexual desire, anger and the company of evil people, one who consider pain and pleasure, honour and dishonour the same, remains detached from joy and sorrow (Don't get egoistic when rich and don't get depressed while in distress), realize the true essence in the world. Such a person renounces both praise and slander and seek the state of ultimate Goodness (Nirban Padd). Nanak says this is a very difficult game, only a few who have adopted and assimilated the spiritual teachings of the Guru (Gurmukh) understand it.

- ਨੀਚ ਜਾਤਿ ਹਰਿ ਜਪਤਿਆ ਉਤਮ ਪਦਵੀ ਪਾਇ॥ (੭੩੩)

Anyone even of low social class can attain perfect ideal status (Utam Padd) if they remember God in their mind (mann) all the time and live life according to the spiritual teachings of the Guru

Conclusion

There are three states (padd) of Maya, Rajo, Tapo and Sato. One who forsakes them attains Turiya or Fourth State (Chautha Padd). In that state one forsake ego and attain Blissful State. Guru has used different terms like Supreme Status (Param Padd), State of Fearless Dignity (Nirban Padd), State of Eternal Life (Jivan Padd), Exalted State (Nij Padd), Immortal Status (Amar Padd). Pure Status (Nirmal Padd), State of Ultimate Goodness (Nirban Padd) and perfect Ideal Status (Utam Padd).