



## ***Surati* and *nirati*: mindfulness and awareness**

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In Kabīr verses *surati* and *nirati* are a key pair of terms which relate to two states of consciousness. However, the meanings of the terms were widely discussed, and continuously re-interpreted, during the twentieth century. In this paper I will trace some of the major steps in the evolution of these understandings in order to show how the interpretation of the terms consistently reflected what the authors wanted to see in the terms. I will also demonstrate that considering these terms in relation to the related Buddhist term of mindfulness, *sati*, makes it possible to see meanings in the terms which were missed by all their Hindu interpreters.