

**Bhagat Namdev – Sabad 4**  
**man mero gaj jhabaa meree kaatee ||**  
**Raag Asa, Bhagat Namdev, Guru Granth Sahib, 485**

man mero gaj jhabaa meree kaatee ||  
map map kaaTau jam kee faasee ||1||  
kahaa karau jaatee keh karau paatee ||  
raam ko naam japau din raatee ||1|| rahaau ||  
raa(n)gan raa(n)gau seevan seevau ||  
raam naam bin ghareea na jeevau ||2||  
bhagat karau har ke gun gaavau ||  
aaTh pahar apanaa khasam dhiaavau ||3||  
suine kee sooiee rupe kaa dhaagaa ||  
naame kaa chit har sau laagaa ||4||3||

**Summary:** Embracing mindfulness is a powerful cognitive skill and a transformative practice. It enables us to engage in deep reflection and thoughtful contemplation, helping us gain a better understanding of ourselves. By focusing on the present moment and acknowledging our thoughts and circumstances without judgment, we create a supportive environment for self-discovery. Practising mindfulness not only enhances our awareness but also fosters a deeper connection to ourselves and the world around us.

man mero gaj jhabaa meree kaatee ||

My mind serves as a yardstick, while my tongue acts as scissors. This symbolises a mindset that fosters critical thinking and the courage to speak the bitter truth.

map map kaaTau jam kee faasee ||1||

I measure it and cut away the noose of destruction; this reflects the powerful attribute of self-reflection that discards negativity. (1)

kahaa karau jaatee keh karau paatee ||

What is the significance of social status? What is the importance of ancestry? These insights represent a disconnect from superficial labels, in which internal attributes are valued over external markers of status.

raam ko naam japau din raatee ||1|| rahaau ||

Contemplate the presence of all-pervading awareness both day and night; this inspires a deeper commitment to the practice of mindfulness. (1)(Pause)

raa(n)gan raa(n)gau seevan seevau. ||

Dye what needs colouring and stitch what requires sewing; this reflects full immersion in acquiring virtues and achieving goals, benefiting everyone.

raam naam bin ghareea na jeevau ||2||

Without contemplating the pervasiveness of the omnipresent source, one is not alive, even for a moment. This serves as a reminder that without mindfulness, our lives lack meaning. (2)

bhagat karau har ke gun gaavau ||

Devote yourself to embracing and expressing the omnipresence of the unseen creator. This inspires us to embody and celebrate the oneness of creation.

aaTh pahar apanaa khasam dhiaavau ||3||

Meditate twenty-four hours a day on the companion, our all-pervading awareness. (3)

suine kee sooiee rupe kaa dhaagaa ||

A needle made of gold and a thread of silver; this scenario symbolizes the pricelessness of virtues in restoring one's integrity and fostering unity.

naame kaa chit har sau laagaa ||4||3||

Namdev says his conscience is connected to the unseen, all-permeating awareness. (4)(3)

**Essence:** Bhagat Namdev encourages us to actively pursue our individual spiritual journeys, which are crucial to understanding the all-encompassing awareness that permeates every aspect of our lives. By engaging in this personal exploration, we can restore our sense of unity with ourselves and others, leading to a harmonious existence that contributes to the greater good of society.

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