

Bhagat Namdev – Sabad 14
maaravaaR jaise neer baalahaa bel baalahaa karahalaa ||
Raag Dhanasri, Bhagat Namdev, Guru Granth Sahib, 693

Summary: Our conscience yearns for peace, clarity, and wholeness, as these states resonate with our most authentic selves. Beneath the chaos of distractions lies a deep desire to restore balance, meaning, and depth in our lives. Just as the Earth receives nourishment from rain to sustain life, we too need spiritual nourishment for our well-being that comes from aligning inwardly with wisdom, honesty, and stillness. When awareness becomes beloved to the heart, life is no longer lived in fragmentation or restlessness. At that pivotal moment, our conscience integrates with the reality of creation's oneness, sustaining harmony within us.

maaravaaR jaise neer baalahaa bel baalahaa karahalaa ||

Just as water is essential to the desert of Marwar, the creeper vine is vital to the camel; this figuratively highlights the conscience's deep desire for spiritual sustenance.

jjiau kura(n)k nis naad baalahaa tiau merai mann raamieeaa ||1||

Just as the enchanting sound of music captivates deer at night, so is the all-pervading awareness in my mind. This allusion to folklore highlights the compelling pull of our conscience toward spiritual harmony. (1)

teraa naam rooRo roop rooRo at ra(n)g rooRo mero raamieeaa ||1|| rahaau ||

Your essence is beautiful, your manifestation is beautiful, your diverse forms are beautiful, O my universal reality. This encapsulates a profound appreciation for the boundless wonder of our existence. (1)(Pause)

jjiau dharanee kau i(n)dr baalahaa kusam baas jaise bhavarlaa ||

Just as the earth welcomes the rain, the bumblebee is drawn to the scent of the flower. This symbolises the conscience seeking wisdom, thereby attracting spirituality.

jjiau kokil kau a(n)b baalahaa tiau merai man raamieeaa ||2||

Just as the cuckoo cherishes the mango tree, so is the all-pervading awareness cherished by my mind. This illustrates how our conscience thrives in purity when nourished by universal wisdom. (2)

chakavee kau jaise soor baalahaa maan sarovar ha(n)sulaa ||

Just as the Chakvi bird holds the Sun dear, the Swan treasures the Mansarovar lake. This beautifully illustrates the deep desire of our conscience for clarity and purity of thought.

jiau tarunee kau ka(n)t baalahaa tiau merai man raamieeaa ||3||

Just as a partner is beloved to their spouse, so is the all-pervading wisdom to my mind. This illustrates the conscience's quest for a profound connection with its authentic self. (3)

baarik kau jaise kheer baalahaa chaatirak mukh jaise jaldharaa ||

Just as a child cherishes milk, the rainbird revels in the taste of raindrops. This highlights that our connection to an all-encompassing source is not merely devotional; it is a bond that is crucial to our growth and well-being.

machhulee kau jaise neer baalahaa tiau merai man raamieeaa ||4||

Just as water is vital to fish, so is the all-encompassing energy to my mind. This illustrates that our conscience thrives only in the presence of virtuous qualities. (4)

saadhik sidh sagal mun chaaher birale kaahoo DeeThulaa ||

Seekers, adepts, and sages all strive for it, but only a rare few truly attain it. This clarifies that while the pursuit of reality is universal, it is realised only by those who embody integrity and oneness.

sagal bhavan tero naam baalahaa tiau naame mann beeThulaa ||5||3||

Just as all of existence treasures your very essence, so Namdev says it is beloved to his mind. This affirms that the same force that sustains the external worlds is also the force that pulls the conscience inward. (5)(3)

Essence- Bhagat Namdev reflects that the unseen, omnipresent presence that sustains the world is the same presence that an awakened mind cherishes most. Just as water is essential to the desert and to fish, and fragrance is vital to the bee, awareness is necessary and not optional for our spiritual well-being. Hence, our conscience naturally gravitates toward what nourishes it. The attraction to seek reality is as intimate as love, as instinctive as thirst, and as tender as a child's need for milk. However, while many seek this awareness, only a rare few who embrace inward union, recognizing oneness.

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com