

**Bhagat Namdev – Sabad 26**  
**moh laagatee taalaabelee ||**  
**Raag Gond, Bhagat Namdev, Guru Granth Sahib, 874**

moh laagatee taalaabelee ||  
bachhare bin gai akelee ||1||  
paaneeaa bin meen talafai ||  
aaise raam naamaa bin baapuro naamaa ||1|| rahaau ||  
jaise gai kaa baachhaa chhooTalaal ||  
than chokhataa maakhan ghooTalaal ||2||  
naamadeau naarain paiaa ||  
gur bheTat alakh lakhaiaa ||3||  
jaise bikhai het par naaree ||  
aaise naame preet muraaree ||4||  
jaise taapate niramal ghaamaa ||  
taise raam naamaa bin baapuro naamaa ||5||4||

**Summary:** Introspection is a constructive tool for understanding ourselves. By engaging in self-reflection, we can uncover valuable insights about our true values and what is meaningful to us. This inner exploration allows us to access important truths that may remain hidden in the hustle and bustle of daily life. As a result, the experience of void or absence of fulfilment can serve as a positive catalyst for personal growth, guiding us toward a deeper understanding of what truly matters. Embracing this process not only enhances self-awareness but also enriches our journey toward fulfilment.

moh laagatee taalaabelee ||

In attachments, I feel a sense of restlessness. This reflects the mind's discomfort that arises when it becomes disconnected from its true essence and instead clings to what is illusory.

bachhare bin gai akelee ||1||

Like a cow alone without her calf, this reflects the pain of separation from wholeness and the yearning to reconnect. (1)

paaneeaa bin meen talafai ||

A fish struggles when deprived of water. This illustrates that without self-awareness, our true essence cannot thrive, which is essential for maintaining our authenticity.

aaise raam naamaa bin baapuro naamaa ||1|| rahaau ||

Similarly, without contemplation of the all-pervading oneness, Namdev states he feels helpless. This indicates that, in the absence of awareness, the ego thrives, making unity fragile and vulnerable. (1)(Pause)

jaise gai kaa baachhaa chhooTala ||

Just as a cow's calf is set free, this symbolizes the powerful journey of breaking free from the constraints of ignorance.

than chokhataa maakhan ghooTala ||2||

It suckles at milk from the udder and gulps the butter. This reflects spiritual nourishment, likening the intake of wisdom and essence to drinking milk. (2)

naamadeau naarain paiaa ||

Namdev says he has discovered the all-pervading awareness. This revelation suggests the moment of reconnection with the true self marks the conclusion of all seeking.

gur bheTat alakh lakhaiaa ||3||

Connecting with wisdom brings clarity to the unseen reality. This indicates that self-reflection and experiential learning enhance our perception, making the intangible aspects of existence more apparent internally. (3)

jaise bikhai het par naaree ||

Just as an individual, attachment to ill intent, desires another's partner. This metaphor describes a mindset consumed with unrestrained desires.

aaise naame preet muraaree ||4||

Namdev says such is his intense love for the all-pervading oneness. This shows a redirection of intensity, where craving transforms into a singular focus on unity. (4)

jaise taapate niramal ghaamaa ||

Just as the scorching heat burns. This symbolizes the suffering and exhaustion of living in the duality of ignorance.

taise raam naamaa bin baapuro naamaa ||5||4||

Similarly, without contemplation on the all-pervading oneness, Namdev says he is helpless. This indicates that without contemplation, one subjects oneself to the suffering of duality, and experiencing oneness is the only relief. (5)(4)

**Essence:** Bhagat Namdev powerfully conveys that our spiritual needs are just as crucial as our physical survival. He likens a mind that fails to comprehend universal reality to a cow without a calf, a fish gasping on land, or a person scorched by the sun without shade. These vivid images illustrate the intolerable nature of separation from our spiritual essence, as it deprives life of its vital elements. The profound takeaway is that we must actively seek this vital connection, for it is the only true source of nourishment for our virtues.

---

An initiative by

**Oneness In Diversity Research Foundation**

**Website:** [OnenessInDiversity.com](http://OnenessInDiversity.com)

**Email:** [onenessindiversityfoundation@gmail.com](mailto:onenessindiversityfoundation@gmail.com)