

Bhagat Namdev – Sabad 11
anamaRiaa ma(n)dal baajai ||
Raag Sorath, Bhagat Namdev, Guru Granth Sahib, 657

Summary: Unified consciousness is a state in which the mind transcends separate identity and begins to experience existence as a shared phenomenon. We can compare this realm to many lamps illuminated by the same flame; each lamp may be distinct in form, yet they are identical in essence. In this realisation, the seeker and the sought become one, and the pursuit of awareness becomes the recognition of wisdom that already resides within. As this clarity deepens, the sense of duality diminishes, and what once appeared to be external is understood to be inwardly present. Our actions transform from isolated occurrences into movements within a collective space, highlighting the deep connections between our actions and their consequences.

anamaRiaa ma(n)dal baajai ||

Without its skin, the drum still produces a sound; this illustrates an inner resonance that occurs independently of external influences.

bin saavan ghanahar gaajai ||

Without the rainy season, thunder echoes. This indicates the awakening of insight that transcends time and conditions.

baadal bin barkhaa hoiee ||

Without clouds, rain descends. This symbolizes the fulfilment that arises in the conscience without an external source or reason.

jau tat bichaarai koiee ||1||

This transformative experience arises from profound reflection on the nature of reality, this emphasizes a state of self-actualization. (1)

mo kau milio raam sanehee ||

I have encountered the all-pervading loving presence. This indicates an attunement where oneness feels tangible rather than merely conceptual.

jeh miliaai deh sudehee ||1|| rahaau ||

When faced with it, bodily existence becomes well-formed and coherent. This indicates that a clear mind has a tangible, harmonizing effect on the physical being. (1)(Pause)

mil paaras ka(n)chan hoiaa ||

Touching the philosopher's stone, I have become gold. This points to an alchemical transformation in which contact with wisdom turns confusion into clarity.

mukh mansaa ratan paroiaa ||

The mouth and the mind string a jewel. This represents harmony, in which one's words and thoughts perfectly reflect one's inner truth.

nij bhaau bhiaa bhram bhaagaa ||

Reflecting on my intentions, doubt has vanished. This illustrates self-actualization, in which understanding one's true self dispels confusion.

gur poochhe mann pateeaagaa ||2||

Inquiring through wisdom brings satisfaction to the mind. This points to clarity and confidence that arise from sincere self-reflection. (2)

jal bheetar ku(n)bh samaaniaa ||

Water is contained within the pitcher. This illustrates that the individual self exists within a larger, all-encompassing reality.

sab raam ek kar jaaniaa ||

I have come to recognize that the all-encompassing energy is fundamentally one. This insight reveals that the variety of forms we see is merely a reflection of a single, underlying source.

gur chele hai man maaniaa ||

Accepting that the mentor and learner embody conscience. This points to the recognition of unified consciousness, which is both the source and the receiver of wisdom.

jan naamai tat pachhaaniaa ||3||3||

Namdev says he has recognized the essence. This concludes with confirmation of understanding and acceptance of the universal truth of oneness. (3)(3)

Essence: Bhagat Namdev encourages us to reflect on the unique nature of internal realization, which can awaken without the external world. He uses metaphors like rain without clouds and music without sound to illustrate that the spiritual journey goes beyond the confines of the ego. By referring to the philosopher's stone, he suggests that a seeker can transform through contemplation of the essence of

existence. In this state, the distinctions between the guide, the seeker, and the source blend into a single, all-encompassing awareness.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com