

Bhagat Namdev – Sabad 13
dhas bairaagan moh bas keenee pa(n)chahu kaa miT naavau ||
Raag Dhanasri, Bhagat Namdev, Guru Granth Sahib, 693

Summary: As we grow in awareness, we begin to recognise and understand our vulnerabilities rather than fear them. This shift in perspective allows us to break free from habitual patterns and confusion, reducing the influence of our sensory tendencies and the disturbances caused by desire, anger, greed, attachment, and ego. In this context, detachment does not mean withdrawing; rather, it is about achieving clarity that enables us to engage with the world while maintaining inner peace. Through this journey, we experience spiritual growth, in which authenticity is revered and being ingenious is feared.

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Through detachment, attachment to the ten sensory organs is brought under control, erasing identification with the five weaknesses. This path leads to equilibrium, harmonising our actions and perceptions and reducing the influence of unchecked desires, anger, greed, attachment, and ego.

satar doi bhare a(n)mirat sar bikh kau maar kaddaavau ||1||

Fill the seventy-two energy channels with the nectar of awareness, which can dissolve and eliminate the toxins of negativity. This channelling of clarity allows harmful patterns to fade away, leading to transformation. (1)

paachhai batur na aavan paavau ||

Eventually, this state shall not return. This implies that when we evolve with wisdom, we recognise our vulnerabilities and break free from the cycle of confusion and duality.

a(n)mirat baanee ghaT te ucharau aatam kau samajhaavau ||1|| rahaau ||

Nectar-like words of wisdom arise from within and instruct the conscience. This highlights an inner dialogue in which valuable insights emerge, guiding the mind toward clarity and purpose. (1)(Pause)

bajar kuThaar moh hai chheenaa(n) kar mi(n)nat lag paavau ||

The mighty axe has axed the grip of attachments. I have attained this state after much deliberation. This represents the act of disarming the ego through the insights of humility and the strength of wisdom.

sa(n)tan ke ham ulaTe sevak bhagatan te Darapaavau ||2||

For the truthful pious beings, I am a transformed seeker who, in respect, fears those devoted to spirituality. This highlights spiritual growth in which authenticity is revered and being ingenious is feared. (2)

eeh sa(n)saar te tab hee chhooTau jau maiaa neh lapaTaavau ||

One is liberated from this world only when one stops clinging to the illusion of duality. This suggests freedom as a psychological detachment from compulsive attachment and false identification.

maiaa naam garabh jon kaa teh taj darsan paavau ||3||

Illusion is the name of that state of being trapped in recurring cycles; letting go of it, one attains inner vision. (3)

eit kar bhagat kareh jo jan tin bhau sagal chukaieeaa ||

Those who practice this kind of devotion have all their fears dispelled. This indicates that acknowledging the laws of nature effectively diminishes uncertainty.

kahat naamadeau baahar kiaa bharamahu ieh sa(n)jam har paieeaa ||4||2||

Namdev says, "Why wander in confusion with external distractions? Through disciplined contentment, the all-pervading presence is realized. This confirms that the search for the divine fades when inner divinity is embraced. (4)(2)

Essence - Bhagat Namdev profoundly revealed that true liberation begins when we let go of the illusion of separateness. Freedom is not solely about external circumstances; it is an inner transformation that frees us from attachments, ego-based identities, and misleading divisions. By acknowledging these gaps, we create a psychological spaciousness where our interactions can thrive in harmony.

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