

Bhagat Namdev – Sabad 16
patit paavan maadhau birad teraa ||
Raag Dhanasri, Bhagat Namdev, Guru Granth Sahib, 693

patit paavan maadhau birad teraa ||
dha(n)n te vai mun jan jin dhiaaio har prabh meraa ||1||
merai maathai laagee le dhoor gobi(n)d charanan kee ||
sur nar mun jan tinahoo te duur ||1|| rahaau ||
deen kaa diaal maadhau garab parahaaree ||
charan saran naamaa bal tihaaree ||2||5||

Summary: Inner kindness has the power to soften the ego, dissolve arrogance, and make room for humility to blossom. Humility acts as a gateway to deeper awareness, calming the restless sense of “I.” This gentle inward attitude aligns us with our true selves, beyond pride and identity. As arrogance fades, we become more open, receptive, and grounded. This openness allows grace to flow not as something external, but as a natural state of clarity and balance. In transcending pride, our minds find peace, and compassion flows more freely. Inner kindness transforms our self-perception, leading us to a more harmonious and awakened way of being.

patit paavan maadhau birad teraa ||
Uplifting the morale of the vulnerable is inherent in your awareness. This symbolises the restorative law of the universal consciousness, which restores clarity.

dha(n)n te vai mun jan jin dhiaaio har prabh meraa ||1||
Blessed are the enlightened beings who recognize the universal presence of my omnipresent source. This emphasizes the importance of inner reflection and aligning ourselves with the source of awareness. (1)

merai maathai laagee le dhoor gobi(n)d charanan kee ||
My mindset is touched with the humbling essence of the all-pervading source. The "dust" represents the wisdom that grounds us, while the "forehead" signifies the surrender of the ego to the truth of oneness.

sur nar mun jan tinahoo te duur ||1|| rahaau ||
Celestial entities, humans, and ascetics can be far from this state of humility. This reveals that those who cling to status and intellectual pride miss the essence of true realization. (1)(Pause)

deen kaa diaal maadhau garab parahaaree ||

Universal wisdom is compassionate toward the vulnerable because it removes their ego. This reflects inner kindness that eliminates arrogance, allowing humility to draw in grace and transcend pride.

charan saran naamaa bal tihaaree ||2||5||

The support of humility, Namdev says, is your power. This suggests that spiritual strength resides in dissolving individual identity to merge with wholeness. (2)(5)

Essence: Bhagat Namdev asserts that the ultimate spiritual goal is not about reaching celestial heights or achieving sage hood; it is about embracing humility, like dust. The essence of omnipresent awareness naturally uplifts our morale, but it emerges only when the ego is surrendered. When we remain distant from oneness, we can stand tall in our identities, but miss the essence of unity. Power is in the intimate connection with humility, the ego-destroyer, dissolving individual identity to merge with the greater wholeness.

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

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