

Bhagat Namdev – Sabad 18
kaun ko kala(n)k rahio raam naam let hee ||
Raag Todi, Bhagat Namdev, Guru Granth Sahib, 718

kaun ko kala(n)k rahio raam naam let hee ||
patit pavit bhe raam kahat hee ||1|| rahaau ||
raam sa(n)g naamadev jan kau pratagiaa aaiee ||
ekaadasee brat rahai kaahe kau teerath jaae(n)ee ||1||
bhanat naamadeau sukirat sumat bhe ||
gurmat raam keh ko ko na baiku(n)Th ge ||2||2||

Summary: When we take a moment to look inward, we often realize that our negative thoughts do not represent the ultimate truth about existence; rather, they reflect the attachments we have formed and not a true reflection of ourselves. This process reveals a deeper sense of unity within ourselves, whole and unfragmented. The more we nurture this awareness, the less we feel burdened by judgments. What emerges is a profound sense of oneness, a self that transcends external perceptions and opinions to authentic connections with ourselves and the world around us.

kaun ko kala(n)k rahio raam naam let hee ||

Who can hold onto stigma when contemplating the essence of the all-encompassing source? This shows that deep reflection transforms our perspective, fostering a sense of oneness that transcends societal judgments.

patit pavit bhe raam kahat hee ||1|| rahaau ||

The ignorant become aware simply by realizing the all-pervading unity. This purification represents an inner realignment from fragmentation (Patit) to oneness (Pavit), achieving coherence. (1)(Pause).

raam sa(n)g naamadev jan kau pratagiaa aaiee ||

Associating with the all-pervading oneness, Namdev, the humble seeker, says, he has gained unwavering determination. This indicates a firm, unshakable commitment to stay aligned with the essence of existence.

ekaadasee brat rahai kaahe kau teerath jaae(n)ee ||1||

When one adheres to the true fast of unity, why would one need to undertake pilgrimages? This suggests that the ritualistic fasting of Ekadashi should be an internal abstinence from vices rather than solely a physical fast. (1)

bhanat naamadeau sukirat sumat bhe ||

Namdev says that engaging in wholesome deeds fosters clarity of understanding and mindfulness. This highlights the idea that cognitive goodness arises organically, rather than being imposed as a rigid moral obligation.

gurmat raam keh ko ko na baiku(n)Th ge ||2||2||

Through intellect that guides from ignorance to awareness, those who speak of all-pervading oneness, how can these rare beings not attain supreme peace?

This reflects "Baikunth," a liberated mind that is peaceful, unburdened, and open to those who pursue inner wisdom. (2)(2)

Essence: Bhagat Namdev compellingly asserts that rituals are simply mental constructs that dissolve when we embrace true understanding, leading us from ignorance to profound awareness. He calls for a critical reflection on our practices. Fasting on Ekadashi should not be viewed as a mere physical act; instead, it represents a significant internal commitment to overcome vices. Furthermore, the notion of Baikunth, often equated with heaven, should inspire us to cultivate a calm, unburdened, and liberated mind, a mindset developed by those dedicated to the pursuit of wisdom.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com