

Bhagat Namdev – Sabad 24
naad bhrame jaise miragaae ||
Raag Gond, Bhagat Namdev, Guru Granth Sahib, 873

naad bhrame jaise miragaae ||
praan taje vaa ko dhiaan na jaae ||1||
aaise raamaa aaise herau ||
raam chhodd chit anat na ferai ||1|| rahaau ||
jiaui meenaa herai pasooaaraa ||
sonaa gaDate hirai sunaaraa ||2||
jiaui bikhiee herai par naaree ||
kauDaa Daarai hirai juaaree ||3||
jeh jeh dhekhau teh teh raamaa ||
har ke charan nit dhiaavai naamaa ||4||2||

Summary: A philosophical perspective on the concept of focus reveals it as a pathway to heightened awareness. concentration enables individuals to rise above the chaos of their surroundings, allowing distractions to fade away. This immersion, as a form of transcendence, leads one to become fully engaged in the present moment. This idea aligns with the principles of mindfulness, highlighting the significance of being engaged in a task to achieve fulfilment and clarity. From this viewpoint, focus is not just a cognitive skill; it is a vital aspect of the human experience that promotes creativity, productivity, and deeper understanding.

naad bhrame jaise miragaae ||
Captivated by the sound, the deer seeks it. This captures a state of devotion to the unseen, omnipresent, in which the seeker becomes completely oblivious to distractions.

praan taje vaa ko dhiaan na jaae ||1||
Even as life fades away, its attention does not waver. This reflects a mindset in which valuable attributes remain steadfast regardless of circumstances. (1)

aaise raamaa aaise herau ||
In this way, I behold the universal reality. This reflects a spiritual focus that recognizes oneness with unwavering contemplation.

raam chhodd chit anat na ferai ||1|| rahaau ||
Aside from the universal reality, I do not focus my conscience anywhere else. This points to a refusal to let the mind be distracted by the illusions of duality. (1)(Pause)

jiau meenaa herai pasooaaraa ||

Just as the fisherman intently watches the fish. This symbolises vigilant attention that does not waver in capturing the essence of wisdom.

sonaa gaDate hirai sunaaraa ||2||

A goldsmith carefully observes the gold while shaping it. This demonstrates the evaluative attention needed to transform experiences into valuable insights. (2)

jiau bikhiee herai par naaree ||

Just as a lustful person has an eye on another's spouse, this metaphor of forbidden attraction symbolically illustrates a mind unable to detach from its object of desire.

kauDaa Daarat hirai juaaree ||3||

While rolling the dice, a gambler intently watches them. This symbolises the unavailing focus of those who seek awareness, as their spiritual fortune depends on it. (3)

jeh jeh dhekhau teh teh raamaa ||

Wherever I look, I see the all-encompassing reality. This reveals a non-dual perspective, leading to the realisation that unity within diversity is the only truth.

har ke charan nit dhiaavai naamaa ||4||2||

Namdev says that he constantly contemplates the all-pervading presence with humility. This affirms that stability comes from maintaining a connection with oneness. (4)(2)

Essence: Bhagat Namdev illustrates that every human has the innate power of concentration, but it's vital to know where to direct it. Using analogies from daily life like a deer mesmerised by sound, a fisherman drawn to the fish, and a gambler fixated on their wager, he alludes to emphasise the importance of single-pointed focus. If we channel that same fervour into our spiritual journeys, we could more easily uncover the path to awareness. He inspires us to harness this focused attention for personal growth and deeper understanding.

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

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