

Bhagat Namdev – Sabad 25
mo kau taar le raamaa taar le ||
Raag Gond, Bhagat Namdev, Guru Granth Sahib, 873

mo kau taar le raamaa taar le ||
mai ajaan jan taribe na jaanau baap beeThulaa baeh de ||1|| rahaau ||
nar te sur hoi jaat nimakh mai satigur budh sikhalaiee ||
nar te upaj surag kau jeetio so avakhadh mai paiee ||1||
jahaa jahaa dhooa naarad Teke naik Tikaavahu moh ||
tere naam avila(n)b bahut jan udhare naame kee nij mat eh ||2||3||

Summary: The human mind possesses a remarkable ability to overcome ignorance, vital for personal growth and liberation. This transformative journey involves questioning established beliefs and seeking a deeper understanding. Like a caterpillar unaware of its potential, we often confine ourselves to limited perspectives. However, through the change in the chrysalis, it emerges as a beautiful butterfly, symbolizing the power to overcome challenges and discover our true selves. By breaking free from ignorance, we can dismantle prejudice and expand our worldview, ultimately contributing to a more inclusive and enlightened society.

mo kau taar le raamaa taar le ||
Carry me across to awareness, O all-pervading reality, lead me to enlightenment. This indicates the pursuit of steadiness, enabling the finite mind to navigate the tumultuous state of duality.

mai ajaan jan taribe na jaanau baap beeThulaa baeh de ||1|| rahaau ||
I am unaware; I do not know how to cross, parent-like omnipresent awareness, offer me your arm. This moment signifies the realization that mere intellectual effort is not enough; it's time to draw on experiential learning. (1)(Pause)

nar te sur hoi jaat nimakh mai satigur budh sikhalaiee ||
From a mere mortal, one transforms into a divine in an instant through the insights imparted by true wisdom. This awareness, from a limited self to an expanded oneness, is a leap towards divinity.

nar te upaj surag kau jeetio so avakhadh mai paiee ||1||
From a human emerges the ability to conquer inner heaven; this is the medium I have embraced. This suggests heaven as a symbol of inner ecstasy and transformation. (1)

jahaa jahaa dhooa naarad Teke naik Tikaavahu moh ||

Wherever Dhru, the immovable North Star, and Narada, the sage who knows all realms, find their anchor, let me also be steadied there, even if only for a moment. This expresses a yearning for that centred state and wisdom where the mind achieves stillness.

tere naam avila(n)b bahut jan udhare naame kee nij mat eh ||2||3||

Contemplating you as a support, many find enlightenment, Namdev says this is his personal insight. This reference to 'you' symbolises the all-pervading oneness, and realising it is an inward anchoring as a lived truth. (2)(3)

Essence: Bhagat Namdev delivers a compelling message about spiritual growth: with the right mindset and approach, anyone can embrace wisdom and achieve profound transformation in an instant. Often, we are not overwhelmed by the enormity of our challenges, but rather by our reluctance to tap into our natural ability to think critically for guidance. By fully embracing this capacity, we can gain clarity, transforming our perspective from mere theory to a meaningful insight rooted in personal experience.

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

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