

Bhagat Namdev – Sabad 28
bhairau bhoot seetalaa dhaavai ||
Raag Gond, Bhagat Namdev, Guru Granth Sahib, 874

bhairau bhoot seetalaa dhaavai ||
khar baahan uh chhaar uddaavai ||1||
hau tau ek ramieeaa laihau ||
aan dev badlaav ney daihau ||1|| rahaau ||
siv siv karate jo nar dhiaavai ||
barad chaDe Dauroo Damakaavai ||2||
mahaa maiee kee poojaa karai ||
nar sai naar hoi aautarai ||3||
tu kaheet hee aad bhavaanee ||
mukat kee bareeaa kahaa chhapaanee ||4||
gurmat raam naam gahu meetaa ||
pranavai naamaa iau kahai geetaa ||5||2||6||

Summary: Relying on fears and expectations pulls us away from our true selves, leading to comparison and inner turmoil. The pressures from others and our fears rarely align with the wisdom within us. Trying to meet these demands creates confusion rather than clarity, like navigating shifting shadows rather than clear light. When we live this way, we react to external noise rather than reflecting on our true understanding. Clarity comes when we recognize these pressures as fleeting thoughts, not the foundation of our existence.

bhairau bhoot seetalaa dhaavai ||Those who wander in search of Bhairav, representing the power of protection; Bhoot, symbolizing the unseen forces; and Sitala, representing a healing deity. This reflects the tendency of a fearful mind to pursue external symbols of safety rather than embrace the internal strength and resilience that empower us.

khar baahan uh chhaar uddaavai ||1||

Riding a donkey and merely kicking up dust. This image illustrates that belief without critical thinking creates false expectations and causes chaos rather than clarity. (1)

hau tau ek ramieeaa laihau ||

I will hold on to only the one, all-pervading energy. This symbolises singular focus and unwavering commitment to the integrated self.

aan dev badlaav ney daihau ||1|| rahaau ||

I will not trade it for any revered entity. This decision embodies an uncompromising rejection of the temptation to exchange infinite wholeness for superficial powers and transient objects of hope and fear. (1)(Pause)

siv siv karate jo nar dhiaavai ||

Chanting the name "Shiva, Shiva", symbolic of destructive energy and transformation, those who practice such meditation. This refers to ritualistic repetition and to getting stuck in the external forms of spirituality.

barad chaDe Dauroo Damakaavai ||2||

Riding the bull, they beat the drums. This symbolizes ignorance, linking spirituality to external display instead of internal silence. (2)

mahaa maiee kee poojaa karai ||

Those who worship the Maha Mai, the source of Illusion. This mythical deity represents the play of delusion that makes the material world appear real while simultaneously holding the power to reveal it as illusory.

nar sai naar hoi aautarai ||3||

They manifest as men and women alike. This points to the influence of illusion as duality in unity, we identify male and female as distinct identities, while knowing that the two originate from the same source. (3)

tu kaheeat hee aad bhavaanee ||

You are called the primal Bhavani, the life source. This mythical deity symbolizes our innate attributes as the nurturing energy that fosters spiritual growth.

mukat kee bareeaa kahaa chhapaanee ||4||

Where have you hidden the moment of liberation? This question illustrates the seeker's journey to comprehend how to rise above the illusions of existence. (4)

gurmat raam naam gahu meetaa ||

Through the intellect gained from spiritual insights, practice contemplating the all-pervading unity, dear fellow beings. This emphasizes the importance of trusting your inner guidance as the most authentic way to experience the reality of oneness.

pranavai naamaa iau kahai geetaa ||5||2||6||

Namdev humbly says that this is what the holy scripture, the Gita, expounds. This affirms that the realisation of the all-pervading oneness is the ultimate spiritual wisdom. (5)(2)(6)

Essence: Bhagat Namdev points out how easily the mind becomes enchanted by rituals and symbols, which can become objects of dependence. This fascination often stems from ignorance, as people mistake practicing symbolism as a medium for transformation. Bhagat Namdev challenges this mindset, asking whether these rituals truly bring liberation. Real freedom requires a deeper, more introspective commitment to unity through wisdom. In this connection, the restless search for external forms begins to quiet, leading to true spiritual wisdom.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com