

Bhagat Namdev - Sabad 30
aaneele kaagadh kaaTeele gooddee aakaas madhe bharameeale ||
Raag Ramkali, Bhagat Namdev, Guru Granth Sahib, 972

aaneele kaagadh kaaTeele gooddee aakaas madhe bharameeale ||
pa(n)ch janaa siau baat batuooaa cheetu su ddoree raakheeale ||1||
man raam naamaa bedheeale ||
jaise kanik kalaa chit maa(n)ddeeale ||1|| rahaau ||
aaneele ku(n)bh bharaieele uoodhak raaj kuaar pura(n)dhare'e ||
hasat binodh beechaar karatee hai cheetu su gaagar raakheeale ||2||
ma(n)dhara ek dhuaar dhas jaa ke guoo charaavan chhaaddeeale ||
paa(n)ch kos par guoo charaavat cheetu su bachharaa raakheeale ||3||
kahat naamadheau sunahu tilochan baalak paalan pauddeeale ||
a(n)tar baahar kaaj biroodhee cheetu su baarik raakheeale ||4||1||

Summary: Our minds possess a remarkable power to engage with the world and explore new perspectives for our spiritual growth, only if we stay grounded. Think of this focus as a thread for a kite, allowing it to soar high while anchored by the guiding hand below. Without that thread, the kite drifts aimlessly, and without the vast sky, it can't take flight. Similarly, we need a mindset open to expanding our experiences while staying true to our core values, as without them, we cannot live to our fullest. This balance helps us to create a richer, more liberated life where we can evolve while remaining authentic to ourselves.

aaneele kaagadh kaaTeele gooddee aakaas madhe bharameeale ||
I brought paper, cut it into a kite, and sent it out to wander in the sky. This act symbolizes how our minds can ascend to the vastness of the world while remaining grounded in reality.

pa(n)ch janaa siau baat batuooaa cheetu su ddoree raakheeale ||1||
While talking with the five companions, I kept my attention on the string. This shows our ability to engage with the world through our senses while staying connected to our authentic selves. (1)

man raam naamaa bedheeale ||
Contemplating the universal reality has touched the depths of my mind. This experience highlights how self-reflection nurtures a continuous inward focus that can lead to greater insights.

jaise kanik kalaa chit maa(n)ddeeale ||1|| rahaau ||

As the mind is absorbed in the art of shaping gold. This symbolizes focused attention and undistracted devotion to what is essential. (1)(Pause)

aaneele ku(n)bh bharaieele uoodhak raaj kuaar pura(n)dhare'e ||

Bringing a pitcher and filling it with water, the royal maiden returns to the city. This represents a seeker who nourishes their thoughts and reconnects with their reality.

hasat binodh beechaar karatee hai cheetu su gaagar raakheeale ||2||

She laughs and happily talks with her friends, but her attention stays on the pot. This illustrates joyful participation in everyday life while ensuring internal stability and safeguarding wisdom. (2)

ma(n)dhar ek dhuaar dhas jaa ke guoo charaavan chhaaddeeale ||

There is one house with ten doors; the cow is let out to graze. This image represents the body as a house, with the ten organs of perception and action as doors through which the cow, as our conscience, thrives on diverse philosophies, much like a pasture offers nourishment.

paa(n)ch kos par guoo charaavat cheetu su bachharaa raakheeale ||3||

Even when the cow is grazing five miles away, her thoughts remain with her calf. This illustrates the experiences of life, which cannot diminish our instinctual bond to the universal wisdom. (3)

kahat naamadheau sunahu tilochan baalak paalan pauddeeale ||

Namdev says, listen Trilochan, the child is placed in a cradle. This three-eyed Trilochan symbolises an awakened discernment to see the outer life, inner motives, and the truth; the child represents a tender conscience; and the cradle symbolises the rhythmic flow of existence.

a(n)tar baahar kaaj biroodhee cheetu su baarik raakheeale ||4||1||

The mother is busy with work both inside and outside the home, but her mind is on the child. This demonstrates that true spirituality lies in the ability to perform all worldly duties while remaining tenderly watchful of the inner self. (4)(1)

Essence: Bhagat Namdev highlights a deep psychological ability to exist in the world without being consumed by it. Through a series of vivid metaphors, he illustrates this concept with examples of a kite soaring high in the sky while its string remains securely tethered; a maiden playing yet mindful of the water pot; a cow that roams far yet keeps her heart with the calf left behind. This implies that despite the

world pulling in various directions of outer responsibilities and inner conflicts, the mind can nurture wisdom by tenderly observing and connecting with our essence.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com