

Bhagat Namdev - Sabad 34
dhan dha(n)n o raam ben baajai ||
Raag Mali Gaura, Bhagat Namdev, Guru Granth Sahib, 988

dhan dha(n)n o raam ben baajai ||
madhur madhur dhun anahat gaajai ||1|| rahaau ||
dhan dhan meghaa romaavalee ||
dhan dhan kirasaa oddai kaa(n)balee ||1||
dhan dhan too maataa dhevakee ||
jeh gireh ramieeaa kavalaapatee ||2||
dhan dhan ban kha(n)dd bi(n)dhraabanaa ||
jeh khelai sree naarainaa ||3||
ben bajaavai godhan charai ||
naame kaa suaamee aanadh karai ||4||1||

Summary: The blessed are not those upon whom life has bestowed material gains, but those who have realized the sacredness already present within themselves and all creation. They are truly fortunate to see through the illusions of ego and separateness, cultivate inner purity amidst the complexities of the world, and embody the awareness that the same essence pervades all existence. Not confined by fear, attachment, or rigid identities, they are not driven by recognition, possession, or superiority. Their blessings lie in what they have become, free from within, compassionate toward others, and aligned with the harmony of life. Having discovered an inner completeness, they move through the world with humility and grace, becoming a source of peace and upliftment for those around them.

dhan dha(n)n o raam ben baajai ||

Blessed and exquisite is the flute that plays the reality of all-pervading oneness. This suggests an inner awakening that experiences unity in diversity.

madhur madhur dhun anahat gaajai ||1|| rahaau ||

The sweet, melodious tune of the unstruck resonance continues to resound. This points to “anahad” as effortless inner harmony arising when the mind rests in clarity.
(1)(Pause)

dhan dhan meghaa romaavalee ||

Blessed and remarkable is the Ram with luscious hair. This reflects appreciation for creation, which provides for other forms of life.

dhan dhan kirasana oddai kaa(n)balee ||1||

Blessed and praiseworthy is Krishna wrapped in a blanket. This illustrates how the universal energy manifests in physical form, encompassing all matter. (1)

dhan dhan too maataa dhevakee ||

Blessed and admirable are you, Mother Devaki. This suggests the womb of awareness that births realization and nurtures profound development.

jeh gireh ramieaaa kavalaapatee ||2||

In that home, the all-pervading presence sustains. This reflects the intention that houses the universal spirit and sustains unity. (2)

dhan dhan ban kha(n)dd bi(n)dhraabanaa ||

Blessed and enchanting are the forests and fields of Vrindavan. This represents physical form as an ecosystem where the divinity flourishes.

jeh khelai sree naarainaa ||3||

In this space, the supreme energy thrives. This reflects that the universal source is experienced in the carefree, spontaneous flow of life. (3)

ben bajaavai godhan charai ||

It plays the flute and grazes the cows. This reflects a harmonious state in which wisdom guides the senses and thoughts.

naame kaa suaamee aanadh karai ||4||1||

Namdev says that his inner master creates bliss. This affirms that realising our true self entails self-sustained happiness. (4)(1)

Essence: Bhagat Namdev presents a powerful vision of the harmony within ourselves, urging us to recognise that our body and mind embody “Vrindavan”, an inner landscape of spiritual experience where the music of unity endlessly plays. This insight reveals that the divine is not something we should seek externally; it is a force present throughout our everyday lives, guiding our senses as we engage with the world. By turning our focus inward, we can unlock a state of bliss, reminding us of the peace and joy that lie within.

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

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