

Bhagat Namdev - Sabad 35

**mero baap maadhau too dhan kesau saa(n)valeeo beeThulai ||1|| rahaau ||
Raag Mali Gaura, Bhagat Namdev, Guru Granth Sahib, 988**

mero baap maadhau too dhan kesau saa(n)valeeo beeThulai ||1|| rahaau ||
kar dhare chakar baiku(n)Th te aae gaj hasatee ke praan udhaareeale ||
dhuhasaasan kee sabhaa dhropatee a(n)bar let ubaareeale ||1||
gotam naar ahaliaa taaree paavan ketak taareeale ||
aaisaa adham ajaat naamadheau tau saranaagat aaieeale ||2||2||

Summary: When we challenge our thoughts and explore them fully, we often uncover something crucial that we've missed, the core strength that goes beyond material wealth and remains resilient against the allure of status. Letting go of our attachment to external validations, such as what we possess, our social standing, our accomplishments, or the urge to control, opens up a remarkable sense of freedom in our lives. What we once thought was indispensable often proves fragile and insignificant. By embracing this reality, we tap into the inner strength that has always been there, waiting to be recognized. This realization empowers us to trust in the steadfast support that arises from within.

mero baap maadhau too dhan kesau saa(n)valeeo beeThulai ||1|| rahaau ||
My nurturing parent, the universal source, you embody the praiseworthy and captivating essence of reality. This highlights the truth that the divine is not a distant concept but the very energy that creates and sustains all life. (1)(Pause)

kar dhare chakar baiku(n)Th te aae gaj hasatee ke praan udhaareeale ||
With the discus in hand, it arrives from the realm of stillness and saves the elephant's life and breath. This mythology points to a mind trapped by ego that can be liberated through spiritual insight.

dhuhasaasan kee sabhaa dhropatee a(n)bar let ubaareeale ||1||
In Duhshasan's assembly, as Draupadi's robe was being stripped away, her dignity stood protected. This illustrates how self-esteem and integrity can triumph over inner turmoil, even when external circumstances threaten our inherent worth. (1)

gotam naar ahaliaa taaree paavan ketak taareeale ||
Ahalya, the wife of Gautam, was set free, and many were purified and carried across. This illustrates that when our conscience hardens like stone, self-reflection rekindles our awareness and adaptability.

aaissaa adham ajaat naamadheau tau saranaagat aaieeale ||2||2||

Such is the lowly and caste-less Namdev; he says I have come to your sanctuary. This reference to “your sanctuary” represents the grace within us that attains inner purity through wisdom and blossoms when we dismantle our mental barriers. (2)(2)

Essence: Bhagat Namdev thoughtfully explains that self-esteem and integrity can be nurtured and safeguarded from internal conflicts through self-reflection and mindfulness. This is particularly important in the face of external expectations and pressures that can undermine our sense of worth. Internal harmony does not stem from external status or conforming to norms; it flourishes when we shed self-defensive thoughts and break free from conditioned mental patterns, allowing us to embrace our inherent wisdom.

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

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