

Bhagat Namdev - Sabad 37
chaar mukat chaarai sidh mil kai dhooleh prabh kee saran pario ||
Raag Maru, Bhagat Namdev, Guru Granth Sahib, 1105

chaar mukat chaarai sidh mil kai dhooleh prabh kee saran pario ||
mukat bhio chauhoo(n) jug jaanio jas keerat maathai chhatr dhario ||1||
raajaa raam japat ko ko na tario ||
gur upadhes saadh kee sa(n)gat bhagat bhagat taa ko naam pario ||1|| rahaau ||
sa(n)kh chakar maalaa tilak biraajit dhekh prataap jam ddario ||
nirabhau bhe raam bal garajit janam maran sa(n)taap hirio ||2||
a(n)bareek kau dheeo abhai padh raaj bhabheekhan adhik kario ||
nau nidh Thaakur dhiee sudhaamai dhraooa aTal ajahoo na Tario ||3||
bhagat het maario haranaakhas narasi(n)gh roop hoi dheh dhario ||
naamaa kahai bhagat bas kesav ajahoo(n) bal ke dhuaar kharo ||4||1||

Summary: Spiritual devotion, or Bhakti, begins as an inward journey when a sincere search for truth goes beyond appearances and inherited identities. Through contemplation and humility, when awareness arises, the mind gradually loosens its attachment to the ego and self-centered intentions. When this detachment deepens, the conscience begins to recognize the oneness that connects all life. From this understanding, compassion, authenticity, and mindful action naturally arise. A Bhagat, or devotee, embodies this transformation, and they become living expressions of inner truth, not merely practitioners of devotion. In such a way of life, spirituality manifests as harmony with all existence.

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The four states of liberation and the four miraculous powers have come together in the sanctuary of the beloved universal reality. This suggests that even remarkable accomplishments and attainments become secondary when the mind connects to the all-pervading awareness.

mukat bhio chauhoo(n) jug jaanio jas keerat maathai chhatr dhario ||1||

When liberation is attained, the essence of the four ages is understood, which entails attaining dignity worthy of a royal canopy over the head. This represents an intent that carries its own honour of truth beyond external gratification. (1)

raajaa raam japat ko ko na tario ||

By contemplating the sovereign universal awareness, who has not traversed the ocean of existence? This rhetorical expression suggests that when our attention

focuses on the oneness of creation, the mind naturally transcends fear and fragmentation.

gur upadhes saadh kee sa(n)gat bhagat bhagat taa ko naam pario ||1|| rahaau ||
Spiritual insights and spiritual congregation earn the esteemed title of the most devoted devotee. This journey signifies a transformation in which our conscience and interactions elevate us from ignorance to awareness. (1)(Pause)

sa(n)kh chakar maalaa tilak biraajit dhekh prataap jam ddario ||
Conch representing harmonious expression, Discus the spiritual courage, Rosary the disciplined integrity, and Forehead mark devotion to oneness; witnessing their greatness, negativity becomes fearful. This symbolizes positive attributes that overcome and intimidate negative forces.

nirabhau bhe raam bal garajit janam maran sa(n)taap hirio ||2||
Embodying fearlessness, the power of universal reality intensifies, lifting the anguish of birth and death. This reflects the confidence that arises when the mind understands the truth of immortality, overcoming the fear of the unknown. (2)

a(n)bareek kau dheeo abhai padh raaj bhabheekhan adhik kario ||
Ambrik was given the state of fearlessness; Bibhishan was granted the supreme authority of a kingdom. This historical reference cites archetypes who attained inner stability and strength through truthful disposition.

nau nidh Thaakur dhiee sudhaamai dhraooa aTal ajahoo na Tario ||3||
The nine treasures were given to Sudama by the all-pervading force, while Dhruva became immovable and remains unshaken. This points to two outcomes of spiritual alignment: contentment that receives inner abundance and unwavering integrity that does not drift over time. (3)

bhagat het maario haranaakhas narasi(n)gh roop hoi dheh dhario ||
For the sake of a spiritually devoted mindset, Harnakhash, the egoistic mindset, was destroyed by Narsingh, the omnipresent awareness. This symbolises the defence of inner truth when external or internal oppression overpowers sincerity.

naamaa kahai bhagat bas kesav ajahoo(n) bal ke dhuaar kharo ||4||1||
Namdev says that Keshav, representing the all-pervading presence, becomes bound by devotion; even today, it stands at King Bali's doorway, representing integrity. This implies that true devotion does not see divinity as distant; instead, it transforms our conscience into a gateway for experiencing the universal presence. (4)(1)

Essence: Bhagat Namdev highlights a profound paradox, while the mind tirelessly seeks power, liberation, and validation, genuine freedom emerges only when it halts its relentless chase and embraces oneness through reflective awareness. He vividly employs mythic imagery to illustrate deep inner experiences, emphasising that the boundless, omnipresent source becomes accessible to those willing to relinquish their ego. This act of surrender transforms a timid conscience into a robust awareness, empowered and resilient against any negativity.

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

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