

Bhagat Namdev - Sabad 38
re jhabaa karau sat kha(n)dd ||
Raag Bhairo, Bhagat Namdev, Guru Granth Sahib, 1163

re jhabaa karau sat kha(n)dd ||
jaam na ucharas sree gobi(n)dh ||1||
ra(n)gee le jhabaa har kai nai ||
sura(n)g ra(n)geele har har dhiaai ||1|| rahaau ||
mithiaa jhabaa avare(n) kaam ||
nirabaan padh ik har ko naam ||2||
asa(n)kh koT an poojaa karee ||
ek na poojas naamai haree ||3||
pranavai naamadheau ih karanaa ||
ana(n)t roop tere naarainaa ||4||1||

Summary: Speech and expression are among the most powerful tools, capable of shaping thoughts, stirring emotions, and driving action. It can unite or divide, clarify or confuse, and inspire hope or deepen fear. When grounded in wisdom, compassion, and truth, they can uplift, heal, and transform lives. However, when driven by ego, anger, or deceit, it can cause significant harm. Speech and expression go beyond mere communication; they reflect our innermost selves. To foster genuine communication, we must first embrace integrity, as the true strength of communication lies not in its volume or manipulation, but in its capacity to convey honesty, promote understanding, and strengthen our connections with others. Let us choose our words carefully, for they shape the world we inhabit.

re jhabaa karau sat kha(n)dd ||
O, my tongue, I would cut you into several pieces. This expresses a fierce determination to silence the egoistic words if they serve no higher purpose.

jaam na ucharas sree gobi(n)dh ||1||
If you do not express honour for the universal sustainable energy. This asserts that any form of expression loses value when it does not affirm the ultimate reality of oneness. (1)

ra(n)gee le jhabaa har kai nai ||
Colour your tongue with the contemplative expression of the all-pervading awareness. This imagery suggests that when communication is infused with truth and kindness, it fosters a sense of universality.

sura(n)g ra(n)geelee har har dhiaai ||1|| rahaau ||

Become radiant by being deeply dyed through constant remembrance of all-pervading awareness. This practice encourages sustained mindfulness in unity until it naturally glows in perception and response. (1)(Pause)

mithiaa jhabaa avare(n) kaam ||

False is the tongue's engagement in other pursuits. This points to how compulsive talk, gossip, and slander often deepen inner emptiness rather than resolve it.

nirabaan padh ik har ko naam ||2||

The state of enlightenment is when the singular omnipresent source is contemplated. This symbolises achieving steadiness through reflection on our interconnectedness. (2)

asa(n)kh koT an poojaa karee ||

Infinite millions of ways of worship can be performed. This points to the tendency to focus on external ritualistic practices that can distract from the core essence of spirituality.

ek na poojas naamai haree ||3||

Even once, the all-pervading oneness is not revered. This highlights that a singular moment of internal alignment outweighs a lifetime spent on mechanical rituals. (3)

pranavai naamadheau ih karanaa ||

Namdev humbly says the only deed worth doing is. This signals a decisive commitment to universal peace.

ana(n)t roop tere naarainaa ||4||1||

Contemplate that the infinite diversity is a form of your all-pervading source. This suggests that enlightenment is recognizing the boundless presence in everything. (4)(1)

Essence: Bhagat Namdev highlights a powerful truth that it's not about how many rituals we perform, but about the sincerity of our connection to the essence that exists within all forms of life. A single moment of genuine alignment with truth can yield more significant outcomes than years of mindless practices. When our awareness, intentions, and actions come together in harmony, transformation becomes not just possible, but almost inevitable. Spirituality isn't measured by the volume of knowledge we acquire, but by the depth of our understanding and awareness. Even

a single insight can change the entire course of our lives, guiding us toward a more meaningful existence.

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

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