

Bhagat Namdev - Sabad 40
dhoodh kaTorai gaddavai paanee ||
Raag Bhairo, Bhagat Namdev, Guru Granth Sahib, 1163

dhoodh kaTorai gaddavai paanee ||
kapal gai naamai dhuh aanee ||1||
dhoodh peeau gobi(n)dhe rai ||
dhoodh peeau mero man pateeaai ||
naahee ta ghar ko baap risai ||1|| rahaau ||
suoin kaToree a(n)mirat bharee ||
lai naamai har aagai dharee ||2||
ek bhagat mere hiradhe basai || naame dhekh narain hasai ||3||
dhoodh peeaaai bhagat ghar giaa ||
naame har kaa dharasan bhiaa ||4||3||

Summary: The pursuit of the divine can be profoundly simple at its core. This transformative journey begins when we redirect our restless minds away from the complexity of divisive distractions and embrace the purity of unity, a powerful force that nourishes our conscience. Divinity is not unveiled through material wealth; it emerges when we approach life with transparency and humility in our intentions and actions. In this spirit of simplicity, spiritual growth flourishes, allowing the sacred to shift from something distant and elusive to a vibrant essence woven into the very fabric of our everyday lives.

dhoodh kaTorai gaddavai paanee ||

A bowl of milk and a pitcher of water. This reflects the essence of seeking divinity: milk represents wisdom, providing spiritual nourishment, while water signifies truthfulness, offering sustenance for awareness.

kapal gai naamai dhuh aanee ||1||

Kapil's cow's milk was brought by Namdev as an offering. This act symbolizes a refined conscience; the Kapila cow, regarded as the purest, represents pure intention and the devotional offering of milk as an act of integrity. (1)

dhoodh peeau gobi(n)dhe rai ||

Consume this milk, o universal force. This represents the belief that divinity is not merely a symbol, but a vibrant force present in all beings.

dhoo dh peeau mero man pateeaai ||

Drink the milk, for it will appease my conscience and bring tranquillity. This action represents a pursuit of inner harmony for tranquillity and fulfilment.

naahee ta ghar ko baap risai ||1|| rahaau ||

Otherwise, my father at home will be angry with me. This metaphorically represents the father as the conscience residing within, as an authority that guides against incoherence. (1)(Pause)

suoin kaToree a(n)mirat bharee ||

A radiant golden bowl, brimming with nectar. This embodies the transformation of the inner self into a magnificent vessel that holds and radiates clarity.

lai naamai har aagai dharee ||2||

Namdev says that he accepted it and placed it in the all-encompassing presence. This illustrates the embodiment of truth and the commitment to expressing its essence honestly. (2)

ek bhagat mere hiradhe basai ||

Devotion to oneness resides in my heart. This reflects a blissful state of being in which unity is embraced, leaving no room for division or conflict.

naame dhekh narain hasai ||3||

Upon seeing Namdev, the all-pervading consciousness laughed. This chuckle suggests self-realization that the divine it had been seeking externally resided within its awareness. (3)

dhoo dh peeaa bhagat ghar giaa ||

After making it drink the milk, the devotee went home. This reflects a return to the true self, where the mind finds calm and inner peace after wandering in illusions.

naame har kaa dharasan bhiaa ||4||3||

Namdev says he experienced the all-pervading divinity. This suggests that when devotion to unity becomes sincere, the divine presence becomes visible within all. (4)(3)

Essence: Bhagat Namdev emphasizes the importance of tenderness in our inner lives, suggesting that what truly matters is not the grandeur of our offerings but the purity of our intentions. Symbolically, milk represents focused attention as nourishment, while water symbolizes sincerity needed for spiritual sustenance.

Vessels symbolize thoughts that receive awareness, and the golden bowl of nectar represents a conscience filled with clarity and truth. A smile illustrates the joy that arises when our devotion is simple, undivided, and authentic. By embracing this mindset, we can reconnect with our coherent minds, allowing our spirituality to flourish and endure.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com