

**Bhagat Namdev - Sabad 41**  
**mai bauree meraa raam bhataar ||**  
**Raag Bhairo, Bhagat Namdev, Guru Granth Sahib, 1164**

mai bauree meraa raam bhataar ||  
rach rach taa kau karau si(n)gaar ||1||  
bhale ni(n)dhau bhale ni(n)dhau bhale ni(n)dhau log ||  
tan man raam piaare jog ||1|| rahaau ||  
baadh bibaadh kaahoo siau na keejai ||  
rasanaa raam rasain peejai ||2||  
ab jeea jaan aaisee ban aaiee ||  
milau gupaal neesaan bajaiee ||3||  
ausatat ni(n)dhaa karai nar koiee ||  
naame sreera(n)g bheTal soiee ||4||4||

**Summary:** Spiritual independence is the inner freedom to live without fear of public judgment or the need for social approval. It enables the seeker to remain aligned with their truth, even when faced with misunderstanding, questioning, or criticism. Praise does not inflate their ego, nor does criticism disturb their peace. This state of being is not arrogance nor a rejection of society; rather, it embodies spiritual courage rooted in a conscience that listens to the inner truth rather than being swayed by others' opinions. Such inner sovereignty is characterized by humility, steadiness, and clarity, allowing us to stand gently yet firmly in the reality of our underlying unity.

mai bauree meraa raam bhataar ||  
I am passionate; my universal awareness is my companion. This exemplifies unwavering dedication to the concept of oneness.

rach rach taa kau karau si(n)gaar ||1||  
Immersed and absorbed in your presence, I adorn myself. This points to an internal transformation as preparation for cultivating the virtues required to experience divinity. (1)

bhale ni(n)dhau bhale ni(n)dhau bhale ni(n)dhau log ||  
Even if I am slandered, even if I am spoken ill of, even if I am criticised by people. This reflects spiritual independence, freedom from fear of public judgment or societal criticism.

tan man raam piaare jog ||1|| rahaau ||

The body and mind are in union with the beloved, all-pervading awareness. This indicates total coherence, in which all physical actions and mental processes align with a single purpose to nurture unity. (1)(Pause)

baadh bibaadh kaahoo siau na keejai ||

Do not engage in arguments or contentions with anyone. This suggests that intellectualised debates fuel the ego, dissipating the focus needed for a meaningful journey within.

rasanaa raam rasain peejai ||2||

Relish expressing the essence of the all-pervading awareness. This suggests using speech to share the wisdom of oneness rather than to incite conflict or disunion. (2)

ab jeea jaan aaisee ban aaiee ||

Now my inner self understands that such a state has been embodied. This reflects a maturity where devotion transcends borrowed beliefs, becoming a personal journey beyond fear and conditioning.

milau gupaal neesaan bajaiee ||3||

I have discovered the universal essence, and I will express it by beating the drum. This bold declaration reveals that our connection to our source is a truth meant to be celebrated openly and joyously. (3)

ausatat ni(n)dhaa karai nar koiee ||

Let anyone express admiration or disapproval. This exemplifies equanimity, where our conscience remains undisturbed by the contrasting forces of praise and criticism.

naame sreera(n)g bheTal soiee ||4||4||

Namdev says the omnipresent force is experienced in such a state. This suggests a mindset in which individuality merges with universality and public opinion about disunion becomes powerless. (4)(4)

**Essence:** Bhagat Namdev asserts that embracing a sense of universality may seem unconventional to those entrenched in material concerns. On this journey, we may encounter both praise and criticism; however, it's important to remember that these opinions do not dictate our reality. By fostering a connection with this spiritual insight, we cultivate awareness as a reliable guide that leads us away from an ego-driven quest for achievement, which ultimately proves insignificant. In this enlightening state, we come to experience a lasting recognition of the universal

presence within us, as if our conscience has finally reached the destination it has always sought.

---

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

**Oneness In Diversity Research Foundation**

**Website:** [OnenessInDiversity.com](http://OnenessInDiversity.com)

[TheGuruNanak.com](http://TheGuruNanak.com)

[LearnWithNanak.com](http://LearnWithNanak.com)

**Email:** onenessindiversityfoundation@gmail.com