

Bhagat Namdev - Sabad 42
kabahoo kheer khaadd gheeu na bhaavai ||
Raag Bhairo, Bhagat Namdev, Guru Granth Sahib, 1164

kabahoo kheer khaadd gheeu na bhaavai ||
kabahoo ghar ghar Took magaavai ||
kabahoo kooran chane binaavai ||1||
jiau raam raakhai tiau raheeaai re bhaiee ||
har kee mahimaa kichh kathan na jaiee ||1|| rahaau ||
kabahoo ture tura(n)g nachaavai ||
kabahoo pai panaheeo na paavai ||2||
kabahoo khaaT supedhee suvaavai ||
kabahoo bhoom paiaar na paavai ||3||
bhanat naamadheau ik naam nisataarai ||
jeh gur milai teh paar utarai ||4||5||

Summary: Even in the midst of abundance, life can feel flavourless when the mind is internally dissatisfied. No amount of comfort, success, or possession can fill the emptiness created by restlessness, craving, or disconnection from one's deeper self. Fulfilment does not arise from having more, but from cultivating contentment, gratitude, and inner clarity. When the mind finds harmony within, even the simplest moments become rich with meaning. This insight reveals that abundance is a state of mind, shaped by our perceptions, rather than merely a product of our external realities.

kabahoo kheer khaadd gheeu na bhaavai ||

There are times when milk pudding, sugar, and clarified butter are not appealing. This indicates that even when there is abundance, it can feel flavourless if the mind is internally dissatisfied.

kabahoo ghar ghar Took magaavai ||

At times, from house-to-house morsels of food are begged for. This illustrates the stark reality of life's unexpected turns, reminding us of the importance of humility and gratitude.

kabahoo kooran chane binaavai ||1||

Sometimes chickpeas with Shaff have to be picked. This illustrates the resilience to survival by making use of available resources. (1)

jiau raam raakhai tiau raheeaai re bhaiee ||

As the universal order assigns, so must we embrace, O fellow being. This encourages adherence and alignment with the cosmic law without resentment and discontent.

har kee mahimaa kichh kathan na jaiee ||1|| rahaau ||

The profound nature of the all-encompassing energy is beyond description or expression. This acknowledges that the mysteries of life cannot be explained but experienced through unity. (1)(Pause)

kabahoo ture tura(n)g nachaavai ||

There are times horses are ridden and made to dance. This imagery shows how the ego displays power to exploit luxury and misuse resources.

kabahoo pai panaheeo na paavai ||2||

Sometimes there are not even shoes to wear on the feet. This points to the vulnerability of status, which collapses, and to the testing of the inner stability.

kabahoo khaaT supedhee suvaavai ||

At times, one sleeps on a bed with white sheets. This scene embodies tranquillity and freedom, allowing the mind to experience clarity.

kabahoo bhoom paiaar na paavai ||3||

There are moments when one does not even find a place as level as a straw on the ground. This suggests a state of uncertainty and dogmatism, in which the mind is not able to find steadiness and peace within. (3)

bhanat naamadheau ik naam nisataarai ||

Namdev says that reflecting on the singular identity of the all-pervading leads to enlightenment. This indicates that amid the variables of material life, the internal connection to the source remains the only stable factor.

jeh gur milai teh paar utaarai ||4||5||

Those who encounter spiritual insights transcend from ignorance to awareness. This transformation shows that inner clarity dispels doubt, empowering individuals to conquer insecurity. (4)(5)

Essence: Bhagat Namdev powerfully conveys that true transcendence isn't determined by whether we find ourselves on a pedestal or grappling with life's struggles. What truly matters is whether our conscience has uncovered the wisdom

necessary to thrive in both situations. In this unwavering steadiness, even uncertainty transforms into a meaningful experience, transcending notions of luxury and deprivation. This insight highlights that amid the ever-changing landscape of circumstances, our internal connection to a deeper self remains the only constant, anchoring us through all of life's variables.

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

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