

Bhagat Namdev - Sabad 44
jaissee bhookhe preet anaaj ||
Raag Bhairo, Bhagat Namdev, Guru Granth Sahib, 1164

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tirakhaava(n)t jal setee kaaj ||
jaissee mooR kuTa(n)b parain ||
aaisee naame preet narain ||1||
naame preet naarain laagee ||
sahaj subhai bhio bairaagee ||1|| rahaau ||
jaissee par purakhaa rat naaree ||
lobhee nar dhan kaa hitakaaree ||
kaamee purakh kaamanee piaaree ||
aaisee naame preet muraaree ||2||
saiee preet j aape laae ||
gur parasaadhee dhubidhaa jaae ||
kabahu na tooTas rahiaa samai ||
naame chit laiaa sach nai ||3||
jaissee preet baarik ar maataa ||
aaisaa har setee man raataa ||
pranavai naamadheau laagee preet ||
gobidh basai hamaarai cheet ||4||1||7||

Summary: Desires have an alluring magnetism that draws our conscience outward, leading to an endless pursuit and often distancing us from the inner wholeness we already possess. When this pull remains unexamined, our desires become unreflected cravings which can intensify, making lasting contentment difficult to attain. However, desire is not a destructive force when it is channelled by the intention to gain knowledge and devotion for inner growth; the same energy can become a transformative force. The insight is to understand whether it consumes the self or carries life toward something genuinely meaningful and fulfilling.

jaissee bhookhe preet anaaj ||
As a hungry person loves food. This suggests a conscience's pull toward what it believes will satisfy it.

tirakhaava(n)t jal setee kaaj ||
The thirst makes an effort for water. This emphasises the conscience's focus on seeking what can sustain it.

jaisee mooR kuTa(n)b parain ||

Just as an ignorant person is controlled by their attachment to relationships, this highlights the narrowness of identity that reduces the vastness of unity to "me" and "mine."

aisee naame preet narain ||1||

Such is Namdev's love for the all-pervading presence. This suggests that spirituality requires the same fervour we often reserve for worldly attachments, but directed inward to understand the essence of existence. (1)

naame preet naarain laagee ||

Namdev says his devotion is attached to the all-pervading energy. This symbolizes the conscience anchoring itself to the essence of existence.

sahaj subhai bhio bairaagee ||1|| rahaau ||

Through cultivating natural ease and embracing our innate disposition, a desire-free state arises. This suggests an evolved state of living joyfully and authentically, effortlessly aligned with the reality of existence. (1)(Pause)

jaisee par purakhaa rat naaree ||

Just as an individual is intensely attached to another's spouse. This reflects the compulsive nature of unrestrained desire, which can override discernment.

lobhee nar dhan kaa hitakaaree ||

A greedy person is enamoured by material wealth. This suggests that a narrow focus at the expense of values and relationships can lead to emptiness.

kaamee purakh kaamanee piaaree ||

For a lustful person, the unrestrained desire is their love. This symbolizes the powerful magnetism of desire, driven by the strong pull of the senses.

aisee naame preet muraaree||

Such is Namdev's love for the all-pervading force. This suggests a redirected intention in which the "lust" for truth and the "greed" for oneness are the only virtuous forms of desire. (2)

saiee preet j aaape laae ||

Love for the all-encompassing awareness generated by the self. This suggests an inner readiness that allows devotion to appear naturally free from any external pressure or obligation.

gur parasaadhee dhubidhaa jaae ||

Through the grace of spiritual insights, duality and dilemma depart. This illustrates that doubt in the mind creates a barrier to awareness, while wisdom dissolves this division.

kabahu na tooTas rahiaa samai ||

It remains unyielding, forever immersed. This illustrates a solid alignment with unity, evolving from an abstract idea into an enduring reality of oneness.

naame chit laiaa sach nai ||3||

Namdev has dedicated his conscience to the pursuit of contemplating truth. This commitment reveals a focus on authenticity, grounded in reality rather than mere adherence to or reverence for a concept. (3)

jaissee preet baarik ar maataa ||

Just as the love between a child and a mother. This conveys an instinctive trust and bond in which the conscience feels secure, requiring neither logic nor expression.

aaaisaa har setee man raataa ||

In this way, the mind is filled with the universal essence. This indicates complete immersion in oneness that ultimately transforms into a natural state of being.

pranavai naamadheau laagee preet ||

Namdev humbly says that love has been attained. This declaration confirms the seeker's arrival at the destination of embodying oneness.

gobidh basai hamaarai cheet ||4||1||7||

The all-pervasive oneness dwells within my conscience. This points to embodying unity in thought, expression, and action. (4)(1)(7)

Essence: Bhagat Namdev highlights the profound state of Sahaj Subhai, an effortless way of living in which life unfolds from genuine inner truth rather than ego. In this remarkable state, authenticity shines brightly without facade, goodness flows freely without selfish motives, and peace emerges naturally without struggle. When thoughts, words, and actions align with a mind free from conflict, we effortlessly embrace a sense of oneness, just as we breathe. Embracing this state can deepen our connection to ourselves and others.

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com