

Bhagat Namdev - Sabad 48
jau gurdheau ta milai muraar ||
Raag Bhairo, Bhagat Namdev, Guru Granth Sahib, 1166

jau gurdheau ta milai muraar ||
jau gurdheau ta utarai paar ||
jau gurdheau ta baiku(n)Th tarai ||
jau gurdheau ta jeevat marai ||1||
sat sat sat sat sat gurdhev ||
jhooTh jhooTh jhooTh jhooTh aan sabh sev ||1|| rahaau ||
jau gurdheau ta naam dhiraRaavai ||
jau gurdheau na dheh dhis dhaavai ||
jau gurdheau pa(n)ch te dhoor ||
jau gurdheau na maribo jhoor ||2||
jau gurdheau ta a(n)mirat baanee ||
jau gurdheau ta akath kahaanee ||
jau gurdheau ta a(n)mirat dheh ||
jau gurdheau naam jap leh ||3||
jau gurdheau bhavan trai soojhai ||
jau gurdheau uooch padh boojhai ||
jau gurdheau ta sees akaas ||
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jau gurdheau sadhaa bairaagee ||
jau gurdheau par ni(n)dhaa tiaagee ||
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jau gurdheau lilaaTeh lekh ||5||
jau gurdheau ka(n)dh nahee hirai ||
jau gurdheau dhehuraa firai ||
jau gurdheau ta chhaapar chhaiee ||
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jau gurdheau ta aThasaTh naiaa ||
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jau gurdheau aThadhas biauhaar ||
jau gurdheau aThaareh bhaar ||

bin gurdheau avar nahee jaiee ||
naamadheau gur kee saranaiee ||9||1||2||11||

Summary: Wisdom, or Gurdev, is truly experienced when scattered thoughts begin to come together in coherence. Experiential learning serves as the gateway through which truth transforms into living wisdom, rather than mere borrowed knowledge. While ideas, beliefs, and teachings can inspire our journey, they cannot replace the need for direct inner realization. Authentic understanding arises only through living, reflecting, questioning, and transforming our experiences. Each experience, whether joyful or painful, sharpens our awareness and uncovers deeper layers of reality. There are no shortcuts that can bypass this inner unfolding; every step matters. Thus, truth is not simply something to be accepted or inherited; it is something to be discovered and embodied through continual engagement with life.

jau gurdheau ta milai muraar ||

When wisdom illuminates, the strength of righteousness is attained. This suggests gurdheau as an awareness that dispels ignorance, and Muraar as the qualities that conquer the ego.

jau gurdheau ta utarai paar ||

When wisdom illuminates, it enables transformation to transcend. This refers to gurdheau as an insight that helps navigate the turbulent ocean of uncertainty to the shore of clarity.

jau gurdheau ta baiku(n)Th tarai ||

When wisdom illuminates, it facilitates an enlightened state, free from ignorance and suffering. This reflects gurdheau as a clarity that crosses over confusion, while baiku(n)Th signifies a peaceful mental state rather than a distant place.

jau gurdheau ta jeevat marai ||1||

When wisdom illuminates, a state of being alive yet dead is attained.

This embodies gurdheau as a detachment that allows false self-identification to fade away while the body continues to function. (1)

sat sat sat sat sat gurdhev ||

True, honest, genuine, righteous, and eternal is the wisdom that illuminates. This honours Gurdhev as a virtue that holds innate inner attributes to be the only reliable truth.

jhooTh jhooTh jhooTh jhooTh aan sabh sev ||1|| rahaau ||

False, untruthful, misleading, and temporary are every other pursuit. This underscores the misconception that dependence on external identities and practices can substitute for inner alignment. (1)(Pause)

jau gurdheau ta naam dhiraRaavai ||

When wisdom illuminates, it fosters steadfast self-reflection. This reflects gurdheau as a contemplative state which becomes constant and unshakable.

Jau gurdheau na dheh dhis dhaavai ||

When wisdom illuminates, then the mind does not wander in ten directions. This points to gurdheau as the equilibrium that calms the restless mind caught up in distractions without direction.

jau gurdheau pa(n)ch te dhoor ||

When wisdom illuminates, the five vices become distant. This reflects gurdheau as a discretion that serves as a shield from unrestrained desires, anger, greed, attachment, and pride.

jau gurdheau na maribo jhoor ||2||

When wisdom illuminates, there is no grief or regret in dying. This suggests gurdheau as a fearlessness that accepts mortality and shortcomings with courage. (2)

jau gurdheau ta a(n)mirat baanee ||

When wisdom illuminates, spiritual expressions become nectar-like. This reflects gurdheau as a dialogue that transforms speech, thought, and action into sources of healing nourishment.

jau gurdheau ta akath kahaanee ||

When wisdom illuminates, the inexpressible account of existence is experienced. This refers to gurdheau as a comprehension that reveals the idea of omnipresence as a tangible experience.

jau gurdheau ta a(n)mirat dheh ||

When wisdom illuminates, the body is viewed as an elixir of immortality. This represents gurdheau as a physical form that becomes a medium for experiencing the infinite realms of life.

jau gurdheau naam jap leh ||3||

When wisdom illuminates, continuous self-reflection is practised. This promotes gurdheau as a contemplation that encourages mindfulness and nurtures harmony. (3)

jau gurdheau bhavan trai soojhai ||

When wisdom illuminates, the essence of the three realms of creation is comprehended. This suggests gurdheau as the conscience that has the capacity to broaden perspective, in which every aspect of existence, tangible or intangible, is seen as a single continuum.

jau gurdheau uooch padh boojhai ||

When wisdom illuminates, the exalted state of existence is understood. This points to gurdheau as an enlightenment that recognizes existence as a coherent, integrated realm beyond ego, fear and attachment.

jau gurdheau ta sees akaas ||

When wisdom illuminates, the head is raised to the sky. This symbolizes gurdheau as boundlessness, in which the mind is lifted from a narrow identity into the limitless diversity of creation.

jau gurdheau sadhaa saabaas ||4||

When wisdom illuminates, a state worthy of eternal honour is attained. This suggests gurdheau as gratitude, which finds worth in every aspect of life. (4)

jau gurdheau sadhaa bairaagee ||

When wisdom illuminates, a constant state of detachment from illusions is achieved. This reflects gurdheau as contentment, which allows all aspects of life to be embraced without being bound by them.

jau gurdheau par ni(n)dhaa tiaagee ||

When wisdom illuminates, slander against others is given up. This illuminates gurdheau as compassion that reduces the need to elevate the self by diminishing others.

jau gurdheau buraa bhalaa ek ||

When wisdom illuminates, favourable and unfavourable are seen as one. This endorses gurdheau as equanimity that transcends appearances, linking us to the deeper order that governs all aspects of life.

jau gurdheau lilaaTeh lekh ||5||

When wisdom illuminates, it marks the forehead with fortune. This presents gurdheau as a form of empowerment, in which the self takes the onus for our actions, their outcomes, and the experiences that result. (5)

jau gurdheau ka(n)dh nahee hirai ||

When wisdom illuminates, the wall representing our conscience does not collapse. This suggests gurdheau as integrity that upholds truth even when tempted or faced with adversity.

jau gurdheau dhehuraa firai ||

When wisdom illuminates, the temple turns its direction. This refers to gurdheau as a transformation in which the divine is experienced in every aspect of creation, beyond structures and rituals.

jau gurdheau ta chhaapar chhaiee ||

When wisdom illuminates, then even a thatch-roof becomes shade. This points to gurdheau as fulfilment, a peaceful state where even the basics feel sufficient.

jau gurdheau sihaj nikasaiee ||6||

When wisdom illuminates, then effortless harmony reveals itself.

This illustrates gurdheau as a state of tranquillity in which action flows without inner conflict and discernment functions without rigidity. (6)

jau gurdheau ta aThasaTh naiaa ||

When wisdom illuminates, it then equates to our bathing at the sixty-eight pilgrimages. This suggests gurdheau as Tirath, an internal pilgrimage of inner cleansing.

jau gurdheau tan chakar lagaiaa ||

When wisdom illuminates, then the body bears the insignia of divinity. This illustrates gurdheau as divinity, in which our lifestyle becomes an external expression of positive actions.

jau gurdheau ta dhuaadhas sevaa ||

When wisdom illuminates, it equates to the twelve ways of devotional service. This highlights gurdheau as benevolence, where every sensory perception and action becomes an instrument of compassion.

jau gurdheau sabhai bikh mevaa ||7||

When wisdom illuminates, all adversity turns into nourishing food. This symbolises gurdheau as positivity in action, transforming challenges into resilience and strengthening spiritual growth. (7)

jau gurdheau ta sa(n)saa TooTai ||

When wisdom illuminates, uncertainty dismantles. This points to gurdheau as prudence that clears confusion by dissolving the ego, the source of misconceptions.

jau gurdheau ta jam te chhooTai ||

When wisdom illuminates, destructive thoughts are dispelled. This suggests gurdheau as a liberation from negative intentions rooted in insecurity.

jau gurdheau ta bhaujal tarai ||

When wisdom illuminates, we can then cross the terrifying ocean. This reflects gurdheau as transcendence, empowering us to sail through the storms of emotion, without drowning in them, be they positive or negative.

jau gurdheau ta janam na marai ||8||

When wisdom illuminates, there is neither birth nor death. This represents gurdheau as continuity, a principle that matter retains its essential elements despite transformation, a permanence that has neither a start nor an end. (8)

jau gurdheau aThadhas biauhaar ||

When wisdom illuminates, it guides all aspects of our internal and external interactions. This defines gurdheau as mindfulness, ensuring that each engagement resonates with universal principles and values.

jau gurdheau aThaareh bhaar ||

When wisdom illuminates, the expansive, tangible and intangible dimensions of existence come into focus. This represents gurdheau as a state of wholeness, harmonizing with the full spectrum of creation.

bin gurdheau avar nahee jaice ||

When wisdom illuminates, there is nowhere else to go. This view highlights gurdheau as experiential learning, which recognises that all paths converge toward a singular truth.

naamadheau gur kee saranaiee ||9||1||2||11||

Namdev says he is in the sanctuary of the insights that guide from ignorance to awareness. This realisation culminates in gur, the wisdom that replaces ego with humility. (9)(1)(2)(11)

Essence: Bhagat Namdev reminds us that life naturally brings a mix of positive and negative emotions. Wisdom lies not in suppressing these feelings or allowing ourselves to be overwhelmed by them. Instead, cultivating inner awareness allows us to fully experience our emotions without letting them define who we are or dictate our actions. By trusting that every emotional tide will eventually pass, we can remain steady amid turmoil, transforming our suffering into nourishment and growth. In this balanced state, our emotions become our teachers rather than our masters, revealing deeper truths about ourselves. Ultimately, we learn that true strength is not about avoiding storms; it's about navigating through them by letting go of our ego while maintaining our inner peace.

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