

Bhagat Namdev - Sabad 49
aau kala(n)dhar kesavaa ||
Raag Bhairo, Bhagat Namdev, Guru Granth Sahib, 1167

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kar abadhaalee bhesavaa || rahaau ||
jin aakaas kuleh sir keenee kausai sapat payaala ||
chamar pos kaa ma(n)dhar teraa ieh bidh bane gupaalaa ||1||
chhapan koT kaa pehan teraa soleh sahas ijaaraa ||
bhaar aThaareh mudhagar teraa sahanak sabh sa(n)saaraa ||2||
dhehee mahajidh man maulaanaa sahaj nivaaj gujaarai ||
beebee kaulaa sau kain teraa nira(n)kaar aakaarai ||3||
bhagat karat mere taal chhinaae keh peh karau pukaaraa ||
naame kaa suaamee a(n)tarajaamee fire sagal bedhesavaa ||4||1||

Summary: When the very structures entrusted with upholding justice become instruments of injustice, the vulnerable are left without an external refuge. In such times, justice must be protected within each person's conscience, as institutions can fail, power can become corrupt, religious beliefs can turn dogmatic, and social structures may weaken. Despite these challenges, integrity remains the ultimate sanctuary for human dignity. It is this unwavering commitment to truth that safeguards both the individual and the hope for a more just world.

aau kala(n)dhar kesavaa ||

As a *Qalandar*, the *Keshava* has arrived. This imagery unites two expressions of divinity, a Sufi saint and a Hindu deity, that rise above societal divisions and religious boundaries.

kar abadhaalee bhesavaa || rahaau ||

Dressed as an *Abdali*, a devout, humble saint. This points to stepping into humility as a mindset that is uncluttered, open, and unconcerned with outer approval. (Pause)

jin aakaas kuleh sir keenee kausai sapat payaala ||

Who have made the sky its cap, and the seven nether depths the footwear. This symbolizes contentment as an inner vastness that embodies universality and introspection, and explores one's own essence.

chamar pos kaa ma(n)dhar teraa ieh bidh bane gupaalaa ||1||

The skin-covered body is your temple; this is how the all-pervading source manifests in form. This reinforces that the omnipresent energy is not distant from our physical existence; it resides within every facet of life. (1)

chhapan koT kaa pehan teraa soleh sahas ijaaraa ||

Fifty-six million forms are your *pehan*, manifestations with sixteen thousand *ijaaraa* forms of sustenance. This reference to enormous numbers is a metaphor for infinite creation, operating under universal laws.

bhaar aThaareh mudhagar teraa sahanak sabh sa(n)saaraa ||2||

The expansive, physical and metaphysical elements are your *mudhagar*, the mace as a medium of universal laws that maintain and sustain the entire world. This conveys that everything in existence is interrelated and a unified part of the principle of oneness. (2)

dhehee mahajidh man maulaanaa sahaj nivaaj gujaarai ||

The body is a mosque, and the mind serves as the priest, performing the prayer of equilibrium. This suggests that when the body is acknowledged as a living sanctuary and the mind is enlightened by wisdom, life remains in natural harmony.

beebee kaulaa sau kain teraa nira(n)kaar aakaarai ||3||

Union with illusion, your formlessness takes a form. This symbolises that all life-forms are expressions of Nirankar, an unseen formless awareness that reveals itself through Aakar, the visible universe. (3)

bhagat karat mere taal chhinaae keh peh karau pukaaraa ||

While I was worshipping, my cymbals were snatched away. To whom should I complain? This becomes a profound spiritual question: when society itself becomes unjust, where does the vulnerable go for justice?

naame kaa suaamee a(n)tarajaamee fire sagal bedhesavaa ||4||1||

Namdev's master is the inner knower, traversing all realms. This indicates an all-pervading presence that is most intimate, aware of all experiences yet transcending them. (4)(1)

Essence: Bhagat Namdev conveys the idea that a clear, uncluttered mind can liberate us from the weight of bias, fear, and the incessant quest for validation. An open mind, rich in awareness, transcends rigid opinions, endless desires, and the pressure to conform to societal expectations. It mindfully embraces truth wherever it emerges

and approaches life with humility. In this state of inner freedom, clarity sharpens, compassion flourishes, and a natural awareness of oneness unfolds effortlessly, guiding us toward a more harmonious existence.

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

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