

Bhagat Namdev – Sabad 5
saap ku(n)ch chhoddai bikh nahee chhaaddai ||
Raag Asa, Bhagat Namdev, Guru Granth Sahib, 485

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udak maeh jaise bag dhiaan maaddai ||1||
kaahe kau keejai dhiaan japa(n)naa ||
jab te sudh naahee mann apanaa ||1|| rahaau ||
si(n)ghach bhojan jo nar jaanai ||
aaise hee Thagadeau bakhaanai ||2||
naame ke suaamee laeh le jhagaraa ||
raam rasain peeau re dagaraa ||3||4||

Summary: What is the value of meditation or chanting if the mind is clouded by negativity? When spiritual practice becomes a mere display, it strengthens the ego rather than dissolving it. Creating a false image of superiority distances us from authenticity. Similarly, performing good deeds for praise or recognition weakens our integrity and hinders genuine growth. True spirituality begins with honesty to acknowledge our flaws and intentions. From this self-awareness flows sincerity in our actions and relationships that nurtures well-being.

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The snake sheds its skin but does not lose its venom; this represents a deceitful, vindictive mindset.

udak maeh jaise bag dhiaan maaddai ||1||
The heron stands still, seemingly meditating but wholly concentrated on the prey beneath the surface; this illustrates a mindset steeped in pretense and deception. (1)

kaahe kau keejai dhiaan japa(n)naa ||
Why do you practice meditation and chanting? This questions the relevance of outward practices if thoughts are negative.

jab te sudh naahee mann apanaa ||1|| rahaau ||
when your mind is not pure? This advises reflection on our intentions. (1)(Pause)

si(n)ghach bhojan jo nar jaanai |
An individual who consumes food with earnings acquired like a lion that ruthlessly hunts its prey; this symbolises greed, earnings acquired through unjust means.

aaise hee Thagadeau bakhaanai ||2||

Such an individual can be described as a master thief; this trait reflects those who ingeniously earn their livelihoods that represent predatory qualities. (2)

naame ke suaamee laeh le jhagaraa ||

Namdev says his master is the all-pervading awareness that has addressed and settled his inner conflicts.

raam rasain peeau re dagaraa ||3||4||

The dishonest should savour the elixir of all-pervading awareness; this encourages the appreciation of spiritually uplifting qualities. (3)(4)

Essence: Bhagat Namdev stresses the importance of confronting negative intentions and resolving inner conflicts. He encourages us to cultivate qualities that enhance our spiritual growth and overall well-being, creating a more positive life. By embodying the traits of an ambrosial elixir pure in intent, nourishing in essence, healing in effect, and transformative in nature, we can foster deeper, more authentic connections with ourselves and others.

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

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