

Bhagat Namdev - Sabad 52
sahaj aval dhooR manee gaaddee chaalatee ||
Raag Basant, Bhagat Namdev, Guru Granth Sahib, 1196

sahaj aval dhooR manee gaaddee chaalatee ||
peechehai tinakaa lai kar haa(n)katee ||1||
jaise panakat thraooTiT haa(n)katee ||
sar dhovan chaalee laaddulee ||1|| rahaau ||
dhobee dhovai bireh biraataa ||
har charan meraa man raataa ||2||
bhanat naamadheau ram rahiaa ||
apane bhagat par kar dhiaa ||3||3||

Summary: Equipose serves as a quiet vehicle for inner movement, facilitating transformation while maintaining an inner stillness. The mind is dynamic; it rarely remains static, yet it can retain its centre through receptivity rather than resistance. Each step is guided by clarity, patience, and a natural sense of balance. When this change unfolds, growth occurs naturally without force or internal conflict. Movement and stillness no longer oppose each other; instead, they flow together in harmony.

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In natural ease, first a cart covered in dust moves ahead. This suggests that equipose becomes the vehicle of inner movement, without losing inward steadiness.

peechehai tinakaa lai kar haa(n)katee ||1||

Behind it, it carries blades of straw, driving them forward. This points to the positive influence of tranquillity, in which the transformation is driven ahead by ease rather than force. (1)

jaise panakat thraooTiT haa(n)katee ||

Just as dried cow dung drives away beetles. This reflects how a transformed inner state naturally repels harmful habits.

sar dhovan chaalee laaddulee ||1|| rahaau ||

At the pool, the pampered beloved goes to wash. This represents the intent to purify "Laduli", the over-indulged conditioned mind, at the reservoir of wisdom. (1)(Pause)

dhobee dhovai bireh biraataa ||

The washerman washes with detached diligence, yet remains imbued with integrity. This suggests being sincere in worldly duties without attachment to them.

har charan meraa man raataa ||2||

My conscience is imbued in the humble state of the all-pervading awareness. This reflects getting immersed in the oneness of creation. (2)

bhanat naamadheau ram rahiaa ||

Namdev says the universal awareness that permeates everything. This suggests that the whole world and its workings unfold within one continuous field of awareness.

apane bhagat par kar dhiaa ||3||3||

It shows compassion to its own aligned self. This affirms that the universal energy naturally flows toward the part of itself that seeks alignment. (3)(3)

Essence: Bhagat Namdev conveys that commitment to our responsibilities leads to integrity and accountability. By fully engaging in our actions without fixating on outcomes, we can approach both success and failure with balance. Detachment isn't about indifference or withdrawal; the appeal of harmful habits diminishes because their supporting conditions, such as desires for possession, praise, or expectations, fade away. This shift in mindset transforms our interactions into expressions of awareness, enabling personal growth that frees us from old patterns that once limited us.

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

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