

Bhagat Namdev - Sabad 55
dhaas ani(n)n mero nij roop ||
Raag Sarang, Bhagat Namdev, Guru Granth Sahib, 1252

dhaas ani(n)n mero nij roop ||
dharasan nimakh taap triee mochan parasat mukat karat gireh koop ||1|| rahaau ||
meree baa(n)dhee bhagat chhaddaavai baa(n)dhai bhagat na chhooTai moh ||
ek samai mo kau geh baa(n)dhai tau fun mo pai jabaab na hoi ||1||
mai gun ba(n)dh sagal kee jeevan meree jeevan mere dhaas ||
naamadhev jaa ke jeea aaisee taiso taa kai prem pragaas ||2||3||

Summary: The Indic concept of ‘taap triee’ highlights that human suffering arises from three interconnected sources: our body and mind, our interactions with the world, and the unpredictable forces beyond our control. It shows that suffering is an essential part of the human journey. While we can't choose our circumstances, we can choose how we respond. Through deeper introspection, suffering can become a catalyst for wisdom, resilience, and compassion. By embracing this shared experience, we can transform suffering into an opportunity for growth.

dhaas ani(n)n mero nij roop ||
Devotion to oneness is my innate form. This suggests non-separation, and that unity is the ultimate truth.

dharasan nimakh taap triee mochan parasat mukat karat gireh koop ||1|| rahaau ||
A moment's vision removes the three types of suffering; embracing it liberates us from the deep attachment to our existence. This suggests that mere proximity to awareness can neutralise psychological anguish and break worldly illusions.
(1)(Pause)

meree baa(n)dhee bhagat chhaddaavai baa(n)dhai bhagat na chhooTai moh ||
My bondages can be liberated by devotion, but what devotion has bound me with I can't leave. This suggests love's paradox: sincere alignment unties with positivity, which negativity cannot undo.

ek samai mo kau geh baa(n)dhai tau fun mo pai jabaab na hoi ||1||
At a point when it bound me through comprehension, only then I have no apprehension. This reflects devotion as irresistible when it grips the conscience; the ego has no argument left. (1)

mai gun ba(n)dh sagal kee jeevan meree jeevan mere dhaas ||

I am bound by the attributes of the laws of nature for my entire life, and I am devoted to this life. This points to mutuality: the all-pervading is felt through lived virtues, and those virtues live through the devoted mind.

naamadhev jaa ke jeea aaisee taiso taa kai prem pragaas ||2||3||

Namdev says that for those whose conscience holds such understanding, such love is illuminated within them. This suggests that love is not performed but revealed when its essence matches the inner state of being. (2)(3)

Essence: Bhagat Namdev reveals a profound truth: love is not just an act; it emanates from our authentic presence. It flourishes when we are free from pretence, fear, and the need for validation. In this openness, love transcends ego, allowing us to share in each other's joys and sorrows. When our inner truth aligns with our actions, love becomes rich in authenticity and depth. It no longer seeks possession or approval but expresses care naturally as separation fades. In this way, love becomes the language of a heart united with Oneness, fostering profound and meaningful connections.

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

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