

Bhagat Namdev - Sabad 59

man kee birathaa man hee jaanai kai boojhal aagai kaheeaai ||
Raag Parbhati, Bhagat Namdev, Guru Granth Sahib, 1350

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a(n)tarajaamee raam ravaa(n)iee mai ddar kaise chaheeaai ||1||
bedheele gopaal guosaiee ||
meraa prabh raviala sarabe Thaiee ||1|| rahaau ||
maanai haaT maanai paaT maanai hai paasaaree ||
maanai baasai naanaa bhedhee bharamat hai sa(n)saaree ||2||
gur kai sabadh eh man raataa dhubidhaa sahaaj samaanee ||
sabho hukam hukam hai aape nirabhau samat beechaaree ||3||
jo jan jaan bhajeh purakhotam taa chee abigat baanee ||
naamaa kahai jagajeevan paiala hiradhai alakh biddaane ||4||1||

Summary: An unaware mind often confuses diversity with separation, seeing differences as conflict and leading to a fragmented existence. This limited view overlooks the underlying unity among various forms, creating the illusion that parts are isolated from the whole. Influenced by fleeting appearances and deep-rooted beliefs, we spiral into cycles of comparison and judgment. As we expand our awareness, we realize that diversity is not duality; it represents countless expressions of a single reality. Embracing this perspective allows us to shift from fragmentation to clarity, recognizing that differences enhance the beauty of unity.

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The mind's deep inner state is known only to the mind itself, or it is shared with one who possesses understanding. This suggests that psychological depth and internal struggle are intimate experiences, accessible only to self-awareness that can guide it.

a(n)tarajaamee raam ravaa(n)iee mai ddar kaise chaheeaai ||1||

The all-knowing, all-pervading awareness is ever-present; why should I harbour any fear? This reflects the dissolution of existential doubts that cause insecurity when one recognises their inseparable connection to the universal consciousness. (1)

bedheele gopaal guosaiee ||

I have been pierced by the realization of the omnipresent force. This describes the profound impact of insight, where the awareness is embedded in the conscience.

meraa prabh raviala sarabe Thaiee ||1|| rahaau ||

My all-pervading source permeates every place. This affirms the non-dual perspective that the singular energy exists everywhere, removing the illusion of separation. (1)(Pause)

maanai haaT maanai paaT maanai hai paasaaree ||

It believes the world is a marketplace, believes in accumulating material wealth, and believes in hoarding vast possessions. This symbolises that the perceived world and its transactions are projections of mental faculties; our reality is constructed by the mind.

maanai baasai naanaa bhedhee bharamat hai sa(n)saaree ||2||

It believes in countless distinctions and divisions, and the worldly being wanders in illusion. This points to the fragmented nature of the unaware mind, which assumes diversity as duality, leading to confusion and aimless perceptions. (2)

gur kai sabadh eh man raataa dhubidhaa sahaaj samaanee ||

When the expressions of wisdom are embedded in the mind, doubts effortlessly dissolve. This describes the transformation in which internalizing deep understanding resolves the conflict between the self and the other, leading to a natural merging into oneness.

sabho hukam hukam hai aape nirabhau samat beechaaree ||3||

Everything unfolds in natural order, which is itself the universal law; recognising this equality brings fearlessness. This points to equanimity, in which cause and effect are recognized as a single continuous movement within the self and the universe, allowing fear of the unknown to soften. (3)

jo jan jaan bhajeh purakhotam taa chee abigat baanee ||

Those who understand and contemplate Purakhotam the supreme universality they express the invisible reality. This implies that lived awareness speaks from a place of deep truth, their words carrying the weight of experiential learning.

naamaa kahai jagajeevan paiaa hiradhai alakh biddaane ||4||1||

Namdev says he has discovered the presence that sustains all existence within the heart, an invisible wonder. This discovery is that the vital force sustaining the universe lies within one's inner centre, not in external forms. (4)(1)

Essence: Bhagat Namdev shows that lived awareness comes from experiences that test the truth, rather than from unexamined beliefs. His words hold authority because

they stem from a transformed life, not just abstract ideas. Each experience contributes to a unique wisdom that cannot be borrowed. In this way, experiential learning becomes living truth aligned with the essence of existence.

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