

Bhagat Namdev – Sabad 6
paarabraham je cheen(h)see aasaa te na bhaavasee ||
Raag Asa, Bhagat Namdev, Guru Granth Sahib, 486

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raamaa bhagateh cheteeale achi(n)t man raakhasee ||1||
kaise mann tarahigaa re sa(n)saar saagar bikhai ko banaa ||
jhooThee maiaa dekh kai bhoolaa re manaa ||1|| rahaau ||
chheepe ke ghar janam dailaa gur upades bhailaa ||
sa(n)teh kai parasaad naamaa har bheTulaa ||2||5||

Summary: The external distractions that constantly draw our attention can easily deceive the mind with illusions and tempt us with fleeting pleasures. The path to liberation from the falsehoods of desire involves an internal awakening that recognizes the existence of a powerful, all-encompassing, and eternal force, while understanding that everything else is temporary. This wisdom brings clarity to a restless mind, especially when surrounded by individuals who inspire reflection, promote authenticity, and embody truth.

paarabraham je cheen(h)see aasaa te na bhaavasee ||
One who realises the all-compassing, supreme presence no longer seeks hope in any other support or desire.

raamaa bhagateh cheteeale achi(n)t man raakhasee ||1||
Devoted to the omnipresent force and contemplating its presence, the mind dwells in a carefree state. (1)

kaise mann tarahigaa re sa(n)saar saagar bikhai ko banaa ||
How can the mind cross this worldly ocean if it harbours ill intent?
jhooThee maiaa dekh kai bhoolaa re manaa ||1|| rahaau ||
Deceived by false illusions, the mind has gone astray. (1)(Pause)

chheepe ke ghar janam dailaa gur upades bhailaa ||
Though born in the home of a calico printer, the wisdom that guides me from ignorance to light has enlightened me about the omnipresent force.

sa(n)teh kai parasaad naamaa har bheTulaa ||2||5||
Through the grace of spiritual wisdom, Namdev says he experienced the all-permeating force. (2)(5)

Essence: Bhagat Namdev offers a gentle yet profound reminder about the distractions that cloud the mind and the clarity that comes from self-awareness. He reflects on his humble beginnings to show that awareness is accessible to everyone, regardless of their background. Through experiential learning and guided wisdom, we can navigate the ocean of illusions. He encourages us to break free from these distractions and immerse ourselves in clarity and truth, where transformation can occur.

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

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