

**Bhagat Namdev - Sabad 61**  
**akul purakh ik chalit upaiaa ||**  
**Raag Parbhati, Bhagat Namdev, Guru Granth Sahib, 1351**

akul purakh ik chalit upaiaa ||  
ghaT ghaT a(n)tar braham lukaiaa ||1||  
jeea kee jot na jaanai koiee ||  
tai mai keeaa su maaloom hoiee ||1|| rahaau ||  
jiau pragaasiaa maaTee ku(n)bheau ||  
aap hee karataa beeThul dheau ||2||  
jeea kaa ba(n)dhan karam biaapai ||  
jo kichh keeaa su aapai aapai ||3||  
pranavat naamadheau ih jeeau chitavai su lahai ||  
amar hoi sadh aakul rahai ||4||3||

**Summary:** Within each person, there is a deeper radiance that remains beneath ordinary identity. The outer self may appear shaped by temperament, memory, status, and habit. Yet below these changing layers lives a more universal depth. Awareness begins to mature when it senses this inner ground behind appearances. The seeker then stops reducing life to labels, roles, or behavior. Humility arises when one recognizes the same essence moving through all beings. This vision softens pride and makes ethical clarity more natural. The divided mind begins to feel connected to a wider living whole. Peace deepens when consciousness looks beyond the mask and rests in the source within.

akul purakh ik chalit upaiaa ||  
The unbounded singular substratum brought forth this wondrous play of existence. This suggests reality as a single field that stages diverse appearances without being confined by identity or category.

ghaT ghaT a(n)tar braham lukaiaa ||1||  
Within every being, every element, the all-pervading reality is veiled. This suggests that the ultimate truth is embedded as the subtle substratum of every individual's inner being, often unnoticed beneath. (1)

jeea kee jot na jaanai koiee ||  
The source of all life force is not recognized by some. This points to a lack of self-awareness, in which attention remains fixed on external objects while the witnessing of our conscience is overlooked.

tai mai keeaa su maaloom hoiee ||1|| rahaau ||

The actions you and I take are known to it. This points to the non-separation of our conscience and our actions. (1)(Pause)

jiau pragaasiaa maaTee ku(n)bheau ||

Just like a clay pot is made of clay. This metaphor of the pot shows that a physical existence is nothing but the substance of the universal source shaped into a temporary form.

aap hee karataa beeThul dheau ||2||

The omnipresent source itself is the creator and the indwelling support. This implies that there is no separation between the maker and the object; the universal energy is the very material of existence. (2)

jeea kaa ba(n)dhan karam biaapai ||

The mind is bound by the conditioning of its own actions. This explains that suffering and limitation arise from the psychological chain of cause and effect created by the ego's attachments, yet it can also become the path through which awareness can be gained.

jo kichh keeaa su aapai aapai ||3||

Whatever is done is done by oneself. This offers a non-dual perspective: ultimately, all events are the interplay of universal laws, and the separate "doer" is an illusion. (3)

pranavat naamadheau ih jeeau chitavai su lahai ||

In humility, Namdev says what this conscience contemplates upon, that it comes to receive. This highlights the psychological law of focus: the mind becomes what it habitually dwells upon, suggesting inner fixation shapes experience and outcome as destiny.

amar hoi sadh aakul rahai ||4||3||

It becomes eternal and always remains free from bondage. This points to a state beyond distress that settles into its untroubled, all-pervading nature. (4)(3)

**Essence:** Bhagat Namdev humbly describes the power of inner orientation. The mind gravitates toward what it sincerely focuses on. Awareness rooted in fear breeds unrest, while clarity fosters steadiness. This illustrates the connection between attention and personal growth. Seekers should be mindful of what they allow in their hearts, as longing, thought, and intention shape their lives. Humility directs the inner

gaze toward refinement, making the sustaining presence more accessible. Ultimately, what matures within us reflects where we place our deepest trust.

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

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