

Bhagat Namdev – Sabad 9
jab dhekhaa tab gaavaa ||
Raag Sorath, Bhagat Namdev, Guru Granth Sahib, 656

jab dhekhaa tab gaavaa ||
tau jan dheeraj paavaa ||1||
naad samailo re satigur bheTile devaa ||1|| rahaau ||
jeh jhil mil kaar dhisa(n)taa ||
teh anahad sabad baja(n)taa ||
jotee jot samaanee ||
mai gur parasaadee jaanee ||2||
ratan kamal koTharee ||
chamakaar beejul tahee ||
nerai naahee duur ||
nij aatamai rahiaa bharpoor ||3||
jeh anahat soor ujayeaaaa ||
teh dheepak jalai chha(n)chhaaraa ||
gur parasaadee jaaniaa ||
jan naamaa sahaj samaaniaa ||4||1||

Summary: When our conscience resonates with the boundless awareness that exists beyond mere words, powerful moments of clarity arise, leading our minds to become calm and focused. With this clarity, we realise that the light of wisdom has always been within us, unfolding and illuminating insights everywhere. In this state of mind, thoughts feel authentic, arise effortlessly, and often provide deeper insights because they stem from a genuine understanding. This transformation enables us to express and share what feels honest, direct, and meaningful.

jab dhekhaa tab gaavaa ||

Whenever I see, I sing, this metaphorically implies expressing one's thoughts during moments of clarity.

tau jan dheeraj paavaa ||1||

Only then does the humble one find composure; this confirms that when understanding dawns, the mind becomes still. (1)

naad samailo re satigur bheTile devaa ||1|| rahaau ||

Aligning with the inner voice, I connected with the true wisdom of the divine omnipresence. (1)(Pause)

jeh jhil mil kaar dhisa(n)taa ||

Where all the buzzing activities are recognised as part of the creator.

teh anahad sabad baja(n)taa ||

Then there, limitless wisdom within resounds.

jotee jot samaanee ||

Light seen as the creator and Light as the creation are the same.

mai gur parasaadee jaanee ||2||

Through the grace of wisdom, I came to know this. (2).

ratan kamal koTharee ||

A chamber of precious jewels, with exquisite lotus flowers, this symbolises that the body holds treasures of wisdom within.

chamakaar beejul tahee ||

There, the light illuminates; this implies that insights shine within.

nerai naahee duur ||

It is not far; it is near. This suggests that wisdom is not separate from the self.

nij aatamai rahiaa bharpoor ||3||

In everyone's consciousness, it pervades; this underscores the oneness of awareness permeating all creation. (3)

jeh anahat soor ujayeaaaa ||

Where the Sun shines limitlessly, this represents the practice of constant contemplation.

teh dheepak jalai chha(n)chhaaaaa ||

There, a lamp shines dimly; this suggests that wisdom derived from experience and practice is more powerful than mere factual knowledge.

gur parasaadee jaaniaa ||

Spiritual insights offered me this understanding.

jan naamaa sahaj samaaniaa ||4||1||

Namdev says, in humility, that he has merged into a state of natural tranquillity. (4)(1)

Essence: Bhagat Namdev shares an insight that spiritual realisation blossoms within us. With guidance and experiential learning, seekers can redirect their attention from the distractions of the external world to the profound depths of their inner selves. Tranquillity arises when we acknowledge and recognize the inherent potential of contentment. This transformative journey leads to a state of blissful equilibrium, where we can hear, see, and engage with timeless wisdom.

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

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