

**Sheikh Farid – Sabad 116**  
**ddooddedhe'ee suhaag koo tau tan kaiee kor ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1384**

ddooddedhe'ee suhaag koo tau tan kaiee kor ||  
jin(h)aa naau suhaaganeer tin(h)aa jhaak na hor ||114||

**Summary:** Examining the barriers to spiritual union reveals that internal conflict is a major obstacle. The journey to uncover the essence of wisdom often falters due to a lack of honesty in one's conscience. This mental duality creates a disconnect from reality, but it can be overcome by maintaining a steadfast focus on oneness. By confronting these challenges directly, seekers can initiate a profound transformation toward deeper, more meaningful spiritual fulfillment.

ddooddedhe'ee suhaag koo tau tan kaiee kor ||  
Seeking a beloved union, why does your being still lack? This implies that the quest for inner wholeness cannot progress if the self is not truthful.

jin(h)aa naau suhaaganeer tin(h)aa jhaak na hor ||114||  
They are called the fortunately united who cast no glance elsewhere. This reflects an inward union in which the perception of duality fades. (114)

**Essence:** Sheikh Farid powerfully underscores the essential role of unwavering loyalty to the truth. By committing ourselves to integrity, we can bridge the gaps created by duality and cultivate a spirit of unity. This true alignment is achievable through thoughtful reasoning and a recognition of the undeniable facts that ground our reality.

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