

**Sheikh Farid – Sabad 118**  
**sabar a(n)dhar saabaree tan evai jaaleni(h) ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1384**

sabar a(n)dhar saabaree tan evai jaaleni(h) ||  
hon najeek khudhai dhai bhet na kisai dhen ||116||

**Summary:** The internal alchemy of contentment suggests an inner transformation in which restlessness gives way to sufficiency. It is the process by which dissatisfaction and comparison lose force, and the self begins to feel whole. Alchemy is not a surface adjustment but a fundamental change in the quality of one's being. It is the subtle art of turning inner hunger into quiet abundance. What felt like a lack rewires into acceptance, balance, and inward fulfilment. Therefore, contentment is not a passive resignation; rather, it is a refined state in which the mind no longer relies on endless striving to feel complete.

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In patience resides the content; in this way, they burn the fire embodied in physical form. This refers to the transmutation of sensory cravings and ego-driven energy into spiritual stillness through contentment.

hon najeek khudhai dhai bhet na kisai dhen ||116||  
They develop a profound connection to the universal reality, refraining from sharing it with others. This illustrates humility of awakening; it seeks no external validation and takes no pride in its enlightenment. (116)

**Essence:** Sheikh Farid offers a compelling insight into the journey to self-awareness that liberates us from seeking others' approval, allowing our inner certainty to thrive independently. Those who find true contentment and embody patience radiate a calmness that testifies to their inner harmony. Their presence speaks volumes, resonating far beyond spoken words. In this light, silence becomes a powerful symbol of maturity.

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