

**Sheikh Farid – Sabad 126**  
**kiaa ha(n)s kiaa bagulaa jaa kau nadhar dhare ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1384**

kiaa ha(n)s kiaa bagulaa jaa kau nadhar dhare ||  
je tis bhaavai naanakaa kaagahu ha(n)s kare ||124||

**Summary:** The terms superior and inferior represent temporary positions in our journey, much like traversing hills and valleys. What seems elevated from one perspective may appear insignificant from another, highlighting the importance of diverse viewpoints. These labels indicate relative standings, not true worth, and we must not let them dictate our growth potential. By viewing these elevations as part of a broader journey, we empower ourselves to rise above them with grace and resilience.

kiaa ha(n)s kiaa bagulaa jaa kau nadhar dhare ||  
What distinction remains between the swan and the heron when awareness is graciously embraced? This suggests that once the realization of oneness awakens, comparisons and divisions dissolve.

je tis bhaavai naanakaa kaagahu ha(n)s kare ||124||  
Nanak says, if the conscience aligns with the universal flow, even a crow can transform into a swan. The insight is that the potential for enlightenment exists in every being; no one is beyond it. (124)

**Essence:** Guru Nanak reinforces Sheikh Farid's belief that everyone has the potential to transform. Even if a person seems stuck, change is always possible. What appears unchangeable is often just a temporary state awaiting insights that align with the universal flow. Human nature is inherently dynamic, capable of being reshaped through insight, challenges, love, and reflection. Each of us is connected to a vast reservoir of wisdom, emphasizing our ability to grow and evolve.

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