

**Sheikh Farid – Sabad 74**  
**auTh fareedhaa ujoo saaj subeh nivaaj gujaar ||**  
**Salok, Seikh Farid, Guru Granth Sahib, 1381**

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jo sir saa(n)iee naa nivai so sir kap utaar ||71||

**Summary:** "Rising" and "cleansing" should transform from mere morning rituals into powerful practices of inner readiness. To rise inwardly is to wake from mental slumber and recognize the patterns that shape our lives. Cleansing removes the clutter of our emotional responses, restoring clarity to our focus. In this heightened state, we face ourselves with honesty, enhancing our perception and cultivating a fertile environment for growth and transformation.

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Farid calls the self to awaken, to purify, and to spend the morning in mindful prayer. This implies a call to spiritual alertness, starting the day with clarity of mind, free from distractions, and focused on maintaining a steady presence.

jo sir saa(n)iee naa nivai so sir kap utaar ||71||  
The head that refuses to bow to the all-encompassing presence must be severed. This symbolizes a transformative release from ego rigidity, in which unyielding pride is shed, creating space for true humility to emerge. (71)

**Essence:** Sheikh Farid powerfully employs striking imagery, such as the removal of the head, to illustrate the crucial importance of dissolving the ego; otherwise, its overpowering influence can be detrimental to our true selves. This act signifies the release of a rigid identity that stands in the way of our ability to connect with the broader human experience. In doing so, we open ourselves to the possibilities of compassion and universal benevolence, allowing love and understanding to flourish within ourselves and in our interactions with others.

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