

Sheikh Farid – Sabad 1
dhilahu muhabat ji(n)n(h) seiee sachiaa ||
Raag Asa, Seikh Farid, Guru Granth Sahib, 488

dhilahu muhabat ji(n)n(h) seiee sachiaa ||
jin(h) man hor mukh hor s kaa(n)dde kachiaa ||1||
rate isak khudai ra(n)g deedhaar ke ||
visariaa jin(h) naam te bhui bhaar the'ee ||1|| rahaau ||
aap le'ee laR lai dar daraves se ||
tin dha(n)n janedhee maau aae safal se ||2||
paravadhagaar apaar agam bea(n)t too ||
jinaa pachhaataa sach chu(n)maa pair moo(n) ||3||
teree paneh khudai too bakhasa(n)dagee ||
sekh fareedhai khair deejai ba(n)dagee ||4||1||

Summary: Self-reflection is not just a philosophical or esoteric concept; it's a practical tool for understanding oneself through everyday life experiences. The more you know about your inner self, the better you can manage life's complexities. This understanding gives the freedom to experience joy with ease for a meaningful existence.

dhilahu muhabat ji(n)n(h) seiee sachiaa ||
Those whose hearts love unconditionally can be seen as truly honest.

jin(h) man hor mukh hor s kaa(n)dde kachiaa ||1||
Those who do not align their speech with their intentions can be considered weak on the path of spirituality. (1)

rate isak khudai ra(n)g deedhaar ke ||
Those imbued with love for the all-pervading awareness are delighted to envision it through its creation.

visariaa jin(h) naam te bhui bhaar the'ee ||1|| rahaau ||
Those who forget to practice self-reflection bear the burden of worldly existence.
(1)(Pause)

aap le'ee laR lai dar daraves se ||
Those who make an effort to embrace universal love open the door to become seekers of the unifying consciousness.

tin dha(n)n janedhee maau aae safal se ||2||

Praiseworthy are their mothers who nurture this positive mindset, making their existences truly rewarding. (2)

paravadhagaar apaar agam bea(n)t too ||

The all-pervasive energy that sustains and nurtures is infinite, unfathomable, and endless.

jinaa pachhaataa sach chu(n)maa pair moo(n) ||3||

Those who recognize this truth, I respectfully kiss their feet. (3)

teree paneh khudai too bakhasa(n)dagee ||

Finding refuge in the ever-present nature of universal consciousness leads to personal freedom.

sekh fareedhai khair deejai ba(n)dagee ||4||1||

Seikh Farid seeks to be graced with the virtuous practice of spiritual contemplation. (4)(1)

Essence: Sheikh Farid strives to align his actions and intentions to embody the purest form of devotion, which encompasses unconditional love. By doing so, he opens himself to the freedom of experiencing the unity that connects all beings.

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

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