

### Sheikh Farid – Sabad 11

fareedaa jo tai maaran mukeeaa(n) tin(h)aa na maare ghu(n)m ||  
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa jo tai maaran mukeeaa(n) tin(h)aa na maare ghu(n)m ||  
aapanaRai ghar jaieeai pair tin(h)aa dhe chu(n)m ||7||

**Summary:** Responding instead of reacting can help you handle situations more thoughtfully and productively. Reacting is an impulsive, emotional response driven by immediate feelings, which can lead to conflicts or regrettable behavior. In contrast, responding is a more deliberate and thoughtful approach. It involves taking a moment to reflect, allowing you to maintain control and address the situation more constructively.

fareedaa jo tai maaran mukeeaa(n) tin(h)aa na maare ghu(n)m ||  
Farid advises against retaliating when faced with hostility, emphasizing the importance of maintaining composure and responding with grace to inspire positive change.

aapanaRai ghar jaieeai pair tin(h)aa dhe chu(n)m ||7||  
Instead, kiss their feet and return to your home. This symbolizes that adopting a loving and humble approach to adversity can allow you to embrace challenges with humility and acceptance. (7)

**Essence:** Sheikh Farid is of the opinion that self-acceptance is the foundation for embracing everything around us. When we reject ourselves, we are essentially denying the universe and existence. Similarly, by accepting challenges with humility as opportunities for growth rather than setbacks, we can maintain our equilibrium and foster a more balanced and fulfilling existence.

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

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