

Sheikh Farid – Sabad 13
dhekh fareedaa ju theeaa dhaaRee hoiee bhoor ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

dhekh fareedaa ju theeaa dhaaRee hoiee bhoor ||
agahu neRaa aaiaa pichhaa rahiaa duur ||9||

Summary: Life lessons provide wisdom. When experiential learning integrates with theoretical knowledge, it creates an understanding that influences our actions and provides valuable feedback for personal growth.

dhekh fareedaa ju theeaa dhaaRee hoiee bhoor ||
Farid says the beard has turned grey due to gaining wisdom by engaging in constant reflection.

agahu neRaa aaiaa pichhaa rahiaa duur ||9||
The future is within your reach as the past slips far away, representing a shift from ignorance to the active pursuit of enlightenment. (9)

Essence: Sheikh Farid emphasizes the importance of leaving the past behind and embracing the journey of moving forward as a transformative experience of self-discovery. Cherishing the present and letting go of yesterday's burdens creates an opportunity for a shift from ignorance to the pursuit of enlightenment.

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

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