

Sheikh Farid – Sabad 16
fareedaa kaala(n)ee jinee na raaviaa dhaulee raavai koi ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

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kar saa(n)iee siau pirahaRee ra(n)g navelaa hoi ||12||

Summary: Self-acceptance is the foundation for embracing everything around us. When we reject ourselves, we effectively deny our place in the universe and existence itself. By humbly accepting negative and positive experiences as opportunities for self-actualization, we can maintain our equilibrium and cultivate a more balanced and fulfilling life. This openness allows us to grow, learn, and connect deeply with ourselves and the world.

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Farid says that among those who do not appreciate the colour black, representing negativity, only a few enjoy the colour white, which symbolizes positivity. This implies that those who do not embrace the full spectrum of experiences are unlikely to appreciate life.

kar saa(n)iee siau pirahaRee ra(n)g navelaa hoi ||12||
Lovingly embracing unity fosters an environment where we can explore new perspectives and appreciate diverse viewpoints. (12)

Essence: Sheikh Farid explains that embracing love for unity enables us to appreciate diverse perspectives with fresh insight. This openness not only enhances our personal growth but also strengthens our connections with ourselves and others. Such love fosters a deeper appreciation for our shared humanity, enriching our experiences and relationships.

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

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