

Sheikh Farid – Sabad 20
fareedaa theeau pavaahee dabh ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

fareedaa theeau pavaahee dabh ||
je saa(n)iee loReh sabh ||
eik chhijeh biaa lataaRe'eh ||
taa(n) saiee dhai dhar vaaRe'eh ||16||

Summary: Total surrender is a mindset that embraces the flow of life to discover limitless possibilities. By letting go of control and attachments to outcomes and expectations, you open yourself to a deeper connection with the present moment. This powerful state of being fosters inner freedom and paves the way for a profound spiritual awakening.

fareedaa theeau pavaahee dabh ||
Farid says he can become the grass on the path, symbolizing complete submission in humility for his quest to be a seeker.

je saa(n)iee loReh sabh ||
When there is a longing for understanding the essence of the master, where the master represents the all-pervading consciousness.

eik chhijeh biaa lataaRe'eh ||
One will cut you down, and another will trample you, representing the resistance to challenging perspectives that arise from a conditioned mindset.

taa(n) saiee dhai dhar vaaRe'eh ||16||
Then you shall enter the court of the master. This signifies that one can gain access to this truth only after overcoming the resistance of dogmatic thoughts. (16)

Essence: Sheikh Farid asserts that accessing divinity requires overcoming conditioned thoughts that obstruct understanding and hinder the connection with oneness. By transcending these dogmatic limitations, individuals can experience a deeper spirituality and unity with all of existence.

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