

Sheikh Farid – Sabad 29
bhijau sijau ka(n)balee aleh varasau meh ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

bhijau sijau ka(n)balee aleh varasau meh ||
jai milaa tinaa sajanaa tuTau naahee neh ||25||

Summary: The true seeker walks a path defined not by an unwavering commitment to love that is not conditional, but transformative. This journey begins within, as a sincere surrender to truth and to the essence of unity that flows through all creation. It compels the seeker to stay rooted, even when the world offers distraction or resistance. In this commitment, the seeker is not reformed into someone new, but into someone truthful.

bhijau sijau ka(n)balee aleh varasau meh ||
Let my blanket be wet and soaked when the omnipresent energy showers rain,
symbolizing complete surrender to unity, despite the challenges that arise.

jai milaa tinaa sajanaa tuTau naahee neh ||25||
If I can meet my beloved friends, then this love will never break, implying that
embracing virtues prevents the possibility of fragmentation in unity. (25)

Essence: Sheikh Farid wholeheartedly embraces unity, regardless of the consequences. His words resonate with courageous vulnerability, a form of love that remains steadfast on its path. His timeless message conveys that when the inner self aligns with truth, not even storms can weaken the bond; rather, it strengthens through surrender. This verse connects to the previous one, resolving the earlier dilemma between truth and discomfort with courageous surrender.

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

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