

Sheikh Farid – Sabad 3
tap tap luh luh haath marorau ||
Raag Suhi, Seikh Farid, Guru Granth Sahib, 794

tap tap luh luh haath marorau ||
baaval hoiee so sahu lorau ||
tai seh mann meh keeaa ros ||
mujh avagan seh naahee dos ||1||
tai saahib kee mai saar na jaanee ||
joban khoi paachhai pachhutaanee ||1|| rahaau ||
kaalee koil too kit gun kaalee ||
apane preetam ke hau birahai jaalee ||
pireh bihoon kateh sukh paae ||
jaa hoi kirpaal taa prabhoo milaae ||2||
vidhan khoohi mu(n)dh ikelee ||
naa ko saathee naa ko belee ||
kar kirapaa prabh saadhasa(n)g melee ||
jaa fir dhekhaa taa meraa alahu belee ||3||
vaaT hamaaree kharee uddeenee ||
kha(n)niahu tikhee bahut pieenee ||
aus uopar hai maarag meraa ||
sekh fareedaa pa(n)th sam(h)aar savaara ||4||1||

Summary: Distraction happens when we divert our attention from what truly deserves our focus. Ignoring essential aspects during the prime of life can lead to regret as missed opportunities become apparent over time. It is crucial to prioritize what is important and ensure that each moment aligns with your values and goals to find fulfillment.

tap tap luh luh haath marorau ||
Burning and writhing, I clench my hands, signifying the intensity of one's quest.

baaval hoiee so sahu lorau ||
I have gone insane with the quest to experience the all-pervading awareness.

tai seh mann meh keeaa ros ||
If there is apprehension about omnipresence in mind,

mujh avagan seh naahee dos ||1||

it reflects a shortcoming in my understanding rather than any imperfection in the omnipresent energy. (1)

tai saahib kee mai saar na jaanee ||

I cannot comprehend the supremacy of the all-pervading awareness.

joban khoi paachhai pachhutaanee ||1|| rahaau ||

Wasting the prime of life in ignorance leads to regret later. (1)(Pause)

kaalee koil too kit gun kaalee ||

Blackbird, despite your melodious sound, why are you considered physically unappealing?

apane preetam ke hau birahai jaalee ||

It is the agony of separation from your beloved that has made you unattractive, symbolizing the pain of disassociation from one's consciousness.

pireh bihoon kateh sukh paae ||

How can the soul-bride find peace without her groom? Symbolically, it questions how peace can exist in society without unity.

jaa hoi kirpaal taa prabhoo milaae ||2||

When graced with wisdom, one gains insight into the all-pervading awareness. (2)

vidhan khoohee mu(n)dh ikelee ||

When a companion is lost, the partner experiences loneliness, symbolizing the impact of the absence of the virtuous qualities formerly embodied.

naa ko saathee naa ko belee ||

There are no companions or friends, symbolizing consciousness as one's only constant companion.

kar kirapaa prabh saadhasa(n)g melee ||

Embrace the all-pervasive awareness that can guide you to the company of the spiritually enlightened.

jaa fir dhekhaa taa meraa alahu belee ||3||

When I look around, I find the omnipresent energy as my companion in everyone. (3)

vaaT hamaaree kharee uddeenee ||

My path to finding this omnipresent energy is challenging.

kha(n)niahu tikhee bahut pieenee ||

It is sharper than a two-edged sword and highly narrow.

aus uopar hai maarag meraa ||

This is where my path lies. It is a path that is challenging and yet immensely rewarding.

sekh fareedaa pa(n)th sam(h)aar savaaraa ||4||1||

Seikh Farid advises to contemplate that path early on. (4)(1)

Essence: Sheikh Farid highlights the vital interplay between peace and unity within society. He suggests that true and lasting harmony for collective well-being can be achieved through introspection for transformation. This profound process, if embarked upon early in one's life, paves the way for a transition from ignorance to enlightenment, marking a pivotal moment in the journey of self-exploration.

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

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