

Sheikh Farid – Sabad 34
aj na sutee ka(n)t siau a(n)g muRe muR jai ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

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jai puchhahu Dohaaganee tum kiau rain vihai ||30||

Summary: Distress is often mistaken for a flaw or weakness, something to be fixed or avoided. This inner turmoil is not merely emotional; it is also spiritual; it is your inner compass urging you to connect with your true self. Discomfort does not indicate that something is wrong with us; instead, it highlights that something vital within us is being overlooked. Losing touch with universal oneness is the fundamental cause of losing our grounding, which can intensify both physical and emotional restlessness, evoking a yearning for alignment. Embracing this understanding can facilitate reconnection and healing.

aj na sutee ka(n)t siau a(n)g muRe muR jai ||

Tonight, I did not sleep with my beloved; my body twisted and turned. This scenario reflects an absence of unity with the beloved representing our consciousness, restlessness highlights our disconnection from inner truth, leading to disharmony.

jai puchhahu Dohaaganee tum kiau rain vihai ||30||

I ask the ones separated from their beloved, how do they pass such nights? A question to those living without spiritual grounding, challenging them to reflect on what fills them when oneness is absent? (30)

Essence: Sheikh Farid uses imagery of the intimate space of restlessness caused by the absence of a beloved to pose a thought-provoking question: how can one endure such disturbed nights? This scenario highlights the intense feeling of missing something essential, as well as the restlessness that often follows. This disconnection prompts us to pause and reflect on the consequences of living a life without a connection to what truly matters: our inner awareness and the universal love that surrounds us.

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

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