

Sheikh Farid – Sabad 36
saahurai peieeaaai ka(n)t kee ka(n)t aga(n)m athaahu ||
Salok, Guru Nanak, Guru Granth Sahib, 1379

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naanak so sohaaganeer ju bhaavai beparavaeh ||32||

Summary: The infinite, all-pervading, and unknowable energy is akin to the boundless, vast sky, the unfathomably deep oceans, and the immeasurable, vast earth, all sharing their presence with us silently and unconditionally. Similarly, this force reveals itself not through words but through our connection to nature. Our limited perspective often hinders us from recognizing its presence, which is not separate from us but an inherent part of who we are. Clarity arises when we release attachments and embrace an open, trusting mindset, allowing life to flow naturally. To truly create a bond with this force, we must embody qualities of openness, stillness, and acceptance.

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Even if the bride is in the marital or parental homes, her beloved is ever-present, yet for some reason the beloved remains unreachable and unfathomable. The beloved symbolizes the eternal essence that permeates all aspects of life, yet it remains elusive and unattainable.

naanak so sohaaganeer ju bhaavai beparavaeh ||32||

Nanak says that alone is the fortunate spouse who is pleased to stay unconditional, a reflection of those who align with the will of nature and remain unaffected by outcomes are truly blessed. (32)

Essence: This verse from Sheikh Farid, concluded by Guru Nanak, points us toward a liberating truth that those who stay unconditional, do not impose expectations and align themselves with the laws of nature they are the truly blessed. The takeaway is to make a decisive shift in perspective, understanding that the most profound connection with the omnipresent energy doesn't come from questioning the will of nature, but from learning to harmonize with its flow. The path is not of force or rigidity, but a carefree surrender to the quiet majesty of the beloved, which is everywhere yet is elusive.

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