

Sheikh Farid – Sabad 38
joban jaa(n)dhe naa Daraa(n) je seh preet na jai ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

joban jaa(n)dhe naa Daraa(n) je seh preet na jai ||
fareedaa kita(n)ee joban preet bin suk ge kumalai ||34||

Summary: Spiritual vitality does not depend on how long we live, how strong we appear, or what our circumstances are; it flows from a sustained connection to the truth of oneness - the beloved, divine presence within all. When our love for this presence remains vibrant, fear for the inevitable changes of life cannot shake the foundation of our being. Spiritual decline sets in not because time passes, but when our remembrance of this connection fades, replaced by fear or ego. Discover true vitality and purpose by embracing the loving and nurturing connection that binds all.

joban jaa(n)dhe naa Daraa(n) je seh preet na jai ||
I would not fear the passing of youth, only if my love for my beloved would not fade, representing that there is no fear of spiritual decline if the bond with unity does not break.

fareedaa kita(n)ee joban preet bin suk ge kumalai ||34||
Farid says many in their youth, without love, have withered and dried away. A reflection that, without awareness, a vibrant external life can become spiritually lifeless within. (34)

Essence: Sheikh Farid, through metaphors of ageing, bonds, youth, and fading, reveals the timeless truth of unity. His message highlights that without oneness, everything loses its brilliance, which is not the fading of physical vitality, but the dimming of values. As long as our internal bonding with intentions that benefit universality remains vibrant, we need not fear any external decline. This love for unity is a living awareness of our connection to the omnipresent, infinite, and formless energy.

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

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