

Sheikh Farid – Sabad 39
fareedaa chi(n)t khaTolaa vaan dukh bireh vichhaavan lef ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

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eh hamaaraa jeevanaa too saahib sache vekh ||35||

Summary: Spiritual yearning, with its inherent pain, is a vital part of the human experience that deserves recognition. It can transform suffering into a path toward deeper introspection. When we confront our struggles with honesty, they become essential elements of our journey towards transformation, offering profound connections and insights. Embracing and viewing suffering as a sacred expression, we can transform our emotional struggles into significant milestones. This perspective enables us to view the pain of disunion and the longing for unity as a rich spiritual landscape, allowing us to connect with ourselves and others.

fareedaa chi(n)t khaTolaa vaan dukh bireh vichhaavan lef ||

Farid says his cot is made of anxiety, with strings of pain and longing as his bedding. This imagery reflects suffering from a disconnection with one's true self, leading to spiritual yearning.

eh hamaaraa jeevanaa too saahib sache vekh ||35||

This is how I live, my master; behold me. An honest appeal to one's consciousness to reflect one's state of mind. (35)

Essence: Sheikh Farid uses the metaphor of an uncomfortable bed to illustrate inner turmoil, suffering, and spiritual disconnection. Each aspect of discomfort represents our struggles: anxiety arises from unfulfilled desires, pain comes from internal conflicts, and a longing for union serves as the underlying feeling of separation from one's consciousness. With honesty, Sheikh Farid acknowledges his spiritual yearning and strives for resolution from his consciousness. This pursuit raises an important question: Could our pain, restlessness, and longing be essential aspects of the human experience, serving as expressions of a deeper desire for unity?

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

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