

Sheikh Farid – Sabad 42
fareedaa chaar gavaiaa ha(n)dd kai chaar gavaiaa sa(n)m ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

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lekhaa rab ma(n)geseeaa too aa(n)ho kerhe ka(n)m ||38||

Summary: The term "peher" originates from Sanskrit and refers to a watch or a period of vigilance, embodying the concept of being watchful. Traditionally, a day is divided into eight "pehers," each lasting three hours, four during the daytime and four at night. Symbolically, each "peher" represents a time of awareness regarding our intentions. The four daytime "peher" encourage mindful living. While the nighttime "peher" deserves reflection on life's journey through the stages of childhood, youth, middle age, and old age as meaningful experiences, rather than merely a passage of time. "Peher" also serves as a reminder to guard against vices, the thieves of our ego, attachment, and distractions, much like a spiritual watchman who protects our inner selves and inherent virtues.

fareedaa chaar gavaiaa ha(n)dd kai chaar gavaiaa sa(n)m ||
Farid says that four parts of the day are lost in wandering, and four parts of the night are spent in sleep, symbolic of losing life's opportunities to chasing worldly illusions and spiritual unawareness. The Eternal will call for your account - what deeds will you bring?

lekhaa rab ma(n)geseeaa too aa(n)ho kerhe ka(n)m ||38||
The all-pervading consciousness within us will seek accounts of our actions and will question why you came into this world? (38)

Essence: Sheikh Farid poignantly observes that four parts of our day are wasted in wandering, while another four are swallowed by sleep. This reality serves as a stark reminder of how easily we can lose life's precious opportunities, ensnared by worldly illusions and a lack of spiritual awareness. Every breath is full of potential, and life is finite. When it's time to confront our truths, what will we have to show for our time to ourselves? This message encourages mindfulness - not just of our actions, but of the purpose we live for and serves as a wake-up call, challenging us to examine the deeper meaning of our existence.

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