

Sheikh Farid – Sabad 7
kich na bujhai kich na sujhai duneetaa gujhee bhaeh ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

kich na bujhai kich na sujhai duneetaa gujhee bhaeh ||
saa(n)iee(n) merai cha(n)gaa keetaa naahee ta ha(n) bhee dhajhaa(n) aaeh ||3||

Summary: Life can seem unbearable, like a burning fire, when one is ignorant about one's strengths. Negative feelings can elicit, and one may lose sight of one's natural resilience. Tapping into inner wisdom and having confidence in one's innate strength can provide valuable insights for progress and development.

kich na bujhai kich na sujhai duneetaa gujhee bhaeh ||
Without unfurling innate wisdom, one cannot gain the insight needed to understand life, causing the world to appear as a fearful mysterious fire.

saa(n)iee(n) merai cha(n)gaa keetaa naahee ta ha(n) bhee dhajhaa(n) aaeh ||3||
My guiding force has done me good else I would have been burning with agony.
This symbolizes that universal values are beneficial for navigating worldly distress.
(3)

Essence: Sheikh Farid emphasizes that the deep-seated wisdom within everyone can serve as a guiding light. It can bring goodness and benefits by empowering us to navigate challenges with clarity and illuminating the path forward with a purpose.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com