

Sheikh Farid – Sabad 9
je jaanaa laR chhijanaa peeddee paiee(n) ga(n)dd ||
Salok, Seikh Farid, Guru Granth Sahib, 1378

je jaanaa laR chhijanaa peeddee paiee(n) ga(n)dd ||
tai jevadd mai naeh ko sabh jag DiThaa ha(n)D ||5||

Summary: Strengthening our inner values ensures that our thoughts remain aligned with our deepest selves. It highlights the importance of making choices based on what resonates with your core beliefs rather than succumbing to external expectations and pressures. Embracing your convictions is not about rebelling but about staying true to yourself while positively impacting the world.

je jaanaa laR chhijanaa peeddee paiee(n) ga(n)dd ||
Had I known my robe would come loose, I would have tied a tighter knot. This symbolizes the effort to strengthen inner values with conviction, to ensure that thoughts do not stray from the core self.

tai jevadd mai naeh ko sabh jag DiThaa ha(n)D ||5||
I have not found anything as great as the all-pervading awareness; I have grown weary searching worldwide. It signifies that nothing is more significant than the instincts of one's innate values. (5)

Essence: Sheikh Farid says our innate values, which guide our instincts, are the most significant attributes. They provide authenticity, honor our unique qualities, and nurture personal growth, leading us toward self-actualization.

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

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