

Sheikh Farid – Sabad 105
fareedhaa rut firee van ka(n)biaa pat jhaRe jhaR paeh ||
Salok, Seikh Farid, Guru Granth Sahib, 1383

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chaare ku(n)ddaa ddoo(n)ddeaaa(n) rahan kithaauoo naeh ||102||

Summary: The mind is perpetually in search of permanence, convinced that finding a new place, relationship, or circumstance might finally liberate it from the pain of loss. Yet, with every turn, it becomes undeniable that nothing in creation is devoid of growing through change. The very thing the mind seeks to escape is an intrinsic part of nature. As this pattern unfolds, the restless pursuit of stability reveals its own futility. What remains is an enlightening recognition that permanence was never truly missing; it resides in the essence of existence.

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Farid says the season has changed, the forest trembles, and leaves fall continuously. This suggests that the passage of time reflects life's instability, in which identities fade.

chaare ku(n)ddaa ddoo(n)ddeaaa(n) rahan kithaauoo naeh ||102||
I have searched in all four directions, yet I find no place where permanence exists. This realization shows that everything in creation is subject to change, revealing permanence as an illusion. (102)

Essence: Sheikh Farid uses the changing seasons as a metaphor for our inner lives. As we watch everything around us let go, we realize this process is beyond our control. The swaying trees symbolize our uncertainties; what felt stable is often fleeting. This moment encourages us to embrace change with grace and resilience, recognizing it as essential to our growth.

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

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com