

Sheikh Farid – Sabad 108
fareedhaa tinaa mukh ddaraavane jinaa visaarion naau ||
Salok, Seikh Farid, Guru Granth Sahib, 1383

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aaithai dhukh ghaneriaa agai Thaur na Thaaau ||106||

Summary: When we lose sight of our true nature, our persona begins to distort, acquiring an unsettling presence. The inner self, hardened by separation from its essence, loses its natural equilibrium. Without contemplation, our thoughts can misalign, making us restless, reactive, and arrogant. What appears to be external chaos often reflects inner turmoil that longs for reconnection. Embracing self-reflection is essential for rediscovering balance.

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Farid says the faces of those who have forgotten contemplation appear frightening. This observation reflects an inner distortion, indicating a lack of self-reflection that manifests as arrogance and harshness.

aaithai dhukh ghaneriaa agai Thaur na Thaaau ||106||
In the present, there is immense suffering, and ahead, there is no stability or refuge. The insight is a warning that without self-reflection, we risk a disoriented mind and a lack of inner peace, carrying today's pain into tomorrow. (106)

Essence: Sheikh Farid reminds us that our greatest loss is not in the external world, but in the weakening of our inner connections. As we navigate life, we often lack a genuine resting place because we neglect to cultivate one within ourselves. He uses the metaphor of a frightening face to illustrate the unresolved ego from insufficient self-reflection. By encouraging deep contemplation, he highlights the importance of nurturing our inner selves to achieve true peace and fulfilment.

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

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